THE GRAPE CURE

BY

JOHANNA BRANDT

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THE GRAPE CURE

by

JOHANNA BRANDT,
N. D., Ph. N., A. M.

Published in New York
under the auspices
of
THE ORDER OF HARMONY

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Johanna Brandt

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SINCE

the discovery of the Grape Cure is the direct result of Divine Illumination,

I Dedicate

THIS BOOK OF INSTRUCTION

to God's suffering children in every part of the world, in the sure glad conviction that it will bring relief.

HARMONY CENTRE

IN

NEW YORK, N. Y.

HARMONY MOVEMENT

Miss JESSIE F. SPRINGER, Secretary

604 West 112th Street

New York, N. Y.

Phone MOnument 2-6664

Apply to Miss Springer for

Literature and The Grape Cure

We suggest that the Grape Cure be tried in cases of cancer or other malignant condition. Follow the directions with great care. If in doubt regarding any detail of the treatment we will be pleased to assist you, if possible, by mail. Often a suggestion or two will make the difference between success or failure in the application of the Grape Cure. We firmly believe that this method of treatment is a possible solution to the cancer problem.

The Emery C. Ingham
Drugless Clinic
610 S. W. Broadway at Adler
Portland, Oregon

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FOREWORD

It is a great pleasure to me to pay my tribute to that great woman and healer, Johanna Brandt, on the appearance of the seventh edition of her work "The Grape Cure." It was my privilege to introduce her to America a number of years ago, and for her service to humanity the American School of Naturopathy awarded her an honorary degree of merit. The American Naturopathic Association also offered her its official recognition for the great work she was doing for humanity.

"The Grape Cure" has continued to help suffering man for several decades, and it is my earnest hope that Johanna Brandt's name and work will continue to bring relief to those who need it. The successive printings of her book, of which this is the seventh, prove the merit of the system which she expounded so many years ago.

BENEDICT LUST, M.D., N.D.

INTRODUCTION

The purpose of the World Harmony Movement is to co-ordinate physical, mental and spiritual energies in the treatment of diseases of the body and mind.

It is an Universal Welfare Home whose mental atmosphere reflects spiritual energy as the supreme healing power.

As means to this end, all that sustains hope and trust in the human heart; all that is constructive in intellect, social intercourse, lectures, discussions and amusements; all that ministers to aesthetics in environment—music, color—all that modern science and art teach of present day physiologic and psychologic needs constitute its working machinery.

It is believed, for specific reasons, which this book fully explains, that the most effective initial step which the Movement can take at this time is an attack on the great problem known as the Cancer Scourge.

Modern research into the causes and cure of this dread malady indicates two chief lines of attack—first, by way of modern metaphysics and psychology; second, via the chemistry of the blood and foods. The bio-chemical quest of the hour is for a non-toxic proteid. Proteids constitute the protoplasmic base of the human cells. They are the great body builders. If they contain toxins (poisons) they become the body destroyers.

Because most of our conventional foods, medicines and sera are contaminated by these poisons, science has for years been searching for *non-toxic proteids* which will not disturb the colloidal integrity of the cells of the body by osmosis.

The grape proteid seems to be in line with this world search.

The founder of The World Harmony Movement is the wife of the Moderator of the Dutch Reformed Church of Africa and a well-known author of important books on advanced ideas for the treatment of disease.

During the last nine years she has built up in South Africa a great work for which she has paid a great price—the anguish, mental and physical, of the torture of Cancer, from which she has been mercifully delivered.

It is her purpose to make her great discovery of this delivery a gift to suffering humanity; and so she came to us of this country without means or influence to "carry on" the great work.

Will the people of America accept this challenge to the best of manhood and womanhood?

La Forest Potter, M. D.

AUTHOR'S NOTE

In the present desperate need of the world, I am offering this small book as my contribution toward the solution of the Cancer Problem. It is founded on personal experience and is put forward more as a prevention of Cancer than an absolute cure.

Under favorable circumstances advanced cases of cancer have been pronounced cured by these means. But many of the sufferers from this malady have had organs removed. Their blood has been poisoned with injections. Apart from the havoc wrought by the degenerating action of the virulent cancer poison, their nerves have been destroyed and tissue burned by the use of radium and electricity. They all have the same story to tell:—

"We are now declared to be suffering from inoperable cancer."

To all such afflicted beings who appeal to us—and there are many—I would say that the Grape Cure is, so far as we know at present, their only hope.

Any questions with regard to such cases should be directed to licensed drugless healers or to the medical men who have studied the Grape Cure.

I take this opportunity of expressing my gratitude to Mr. Bernarr Macfadden, who published my first article on the Grape Cure in America.

And to Dr. Benedict Lust, whose unfailing kindness and encouragement have been a source of inspiration.

Also to Dr. F. W. Collins, who supplied the analysis of the grape, and other information.

Chapter I.

THE FOURTH OF JULY, 1927

IT was mid-winter when I left my home in the Transvaal to bring the message of the discovery of a remedy for cancer to the United States of America.

Nothing could have been more dreary than the dusty little platform of our provincial town. Something clutched my heart when I looked for the last time on the wan faces of the children who had helped to get mother ready for her strange expedition. When would I see them again? Matters were not improved by the fact that my husband's face was missing. He was away from home on affairs connected with our Church.

I tried to find comfort in the fact that it was the 4th of July—the American Day of Independence. This was a mere

coincidence. The date had not been prearranged because of its significance but because it fitted in with the lectures I had to deliver in Bloemfontein and Cape Town before sailing for England by the "Windsor Castle."

It was a good omen, I told the children. America was a free country politically, and an independent, powerful, progressive, rich and enlightened nation. But it was not free from disease. I had no doubt whatsoever that this free nation would accept my message, and, accepting it, be blessed with a new emancipation—a wonderful deliverance from disease and premature death. I tried to conjure up visions of the blessed and beautiful state of the world when, through America, a perishing humanity had been saved from suffering and the poverty which so often follows in the wake of disease.

But nothing could relieve the gloom

of my mind, the anguish of my heart as wife, as mother—as patriot.

In Cape Town, after one of my lectures, an astrologer who happened to be present, volunteered the information that planetary influences were against my enterprise. I was earnestly advised to cancel my voyage and to return to the Transvaal.

This was encouraging! To hide my deep depression I smiled and said:

"I shall overcome all planetary and other evil influences, by the grace of God!"

* * *

The brooding majesty of Table Mountain enveloped me in a parting benediction.

Could I have foreseen the actual fulfilment of that unsolicited warning, I wonder whether I would have had the courage to dare "planetary and other evil influences," as I did?

Misfortune followed in my wake. Every plan was frustrated; my funds ran low and I was so much delayed in England and Europe that it was the end of November before I arrived in New York.

Perhaps some day the story may be written of how in the end, by the grace of God, every obstacle was overcome.

The first three months in America were difficult indeed. I found to my great disappointment that the Medical Practice Act of the State of New York was tyrannical in the extreme. Much time was lost in constructing a plan by which I could demonstrate the efficacy of the Grape Cure.

As a law-abiding citizen of South Africa, I had no desire to come into conflict with the laws of a strange land. There was nothing to do, therefore, but to secure the co-operation of registered

medical men and carry out my healing campaign under their protection.

But would it be possible to find medical men who would be willing to supervise test cases under an unknown system of healing?

The time spent in searching for them was not lost. I visited many people and institutions, presented my letters of introduction, delivered private lectures and worked up many valuable connections. My main activity, however, was writing. The little portable "Corona" typewriter that has accompanied me everywhere since 1916 was nearly worn out with the letters I wrote to the editors of leading newspapers and magazines, the heads of healing movements, the pastors of churches and, last but not least, the most prominent medical men connected with the campaign against cancer.

But these efforts met with no success.

The months went by and I did not even get an acknowledgment of the receipt of any of my communications.

Two years before when I was lecturing in Cape Town, I met a fine American woman who was interested in healing and who still had time, on her trip around the world, to help me with my work. We became close friends. Her home in Long Island received me after I landed in New York.

"*It is God who builds the nest of the blind bird.*"

I still have the latchkey of that home. The refuge is always ready.

Those who have drunk deeply of the cup of homesickness will understand. But this was no ordinary homesickness. It was not merely a longing for home and loved ones, or a yearning for the "slumbering, sunlit vastness" of South Africa. It was a state of mental and

spiritual anguish charged with the unfathomable suffering of all the ages. It was my utter helplessness.

To hold the key to the solution of most of the problems of life and to have it rejected, untried, as worthless—that is to pass through the dark night of the soul. To have the mockery of wordly splendors thrust upon one as a substitute for an ideal—that is the temptation in the wilderness. To present the gift of deliverance from pain, freely, without money and without price and to see it spurned—that is crucifixion—Calvary.

* * *

THE TURNING OF THE TIDE

Among others, I had a letter of introduction to the Father of Naturopathy in America, Dr. Benedict Lust, and when I placed my difficulties before him he advised me to approach Mr. Bernarr

Macfadden, editor of the "Evening Graphic" and the famous magazine "Physical Culture."

Mr. Macfadden received me very kindly. In spite of the fact that I was still witholding the secret of the Grape Cure (until it could be brought forward in such a way that it could never be disputed), he listened attentively to my story and finally invited me to write an account of the discovery for the "Evening Graphic."

What seemed to impress him most was the fact that I was prepared to undergo an exploratory operation to prove my claim, for I have always maintained that the remains of the malignant growth were still present in my body.

This proof of my sincerity touched him and he made a special feature of my case in a full-page article in the "Evening Graphic" of January 21st, 1928.

Chapter II.

THE STORY OF THE DISCOVERY

In the Magazine Section of the New York "Evening Graphic" on January 21st, 1928, my article was published as follows:

"By Johanna Brandt

I was born in the heart of South Africa in 1876. Over fifty years ago my forefathers were heavy meat eaters and practically lived on game, as did most South Africans in those days. I do not know whether this has anything to do with the fact that cancer is the greatest scourge of our country, but I think so.

There was a lot of cancer in my father's family and my mother died of cancer in 1916. The doctors tell us that

the disease is not hereditary. This may be true, but the predisposing causes of cancer in my mother's body may have been present in my own.

It is not unreasonable to assume this. Be that as it may, as long as I can remember I suffered from gastric trouble, bilious attacks and stomach ulcers.

It is cruel, when one is of a highly romantic temperament, to have to turn one's internal organs inside out for public inspection.

Why could it not have been something less prosaic? Heart disease, lung trouble or a delicate throat? But stomach! A reeking, fermenting stomach, and a blatantly conspicuous one at that!

After the anguishing spectacle of my mother's martyrdom, I had one shock after another. National, family and other troubles. Life became a ghastly nightmare and through it all I was con-

scious of a gnawing pain at the left side of my stomach.

Cancer? I was not afraid of it. In my ignorance I thought I had reached the limit of human endurance. I saw in cancer a possible release.

A friend, meeting my husband one day, inquired after my health, and was so much struck by this reply that she repeated it to me:—

'What must I say about my wife? The hope of death is keeping her alive and the fear of life is nearly killing her.'

The hope of death! That was it. But I was puzzled to know how my secret had been discovered.

My plan of action was carefully prearranged. I would allow nothing to be done that could prolong life. If it were really cancer, no medicines would be taken to check the disease. No injections. No drugs to alleviate pain. And, under

no circumstances, the application of the surgeon's knife.

At this time a little book was put into my hands, 'The Fasting Cure,' by Upton Sinclair. It thrilled me. A new hope surged through me, the hope of relief from suffering. Here was something that appealed to my common sense. Something constructive—Nature Cure.

The book set the fasting ball rolling in our house. I fasted for seven days. The result was disappointing.

Started Fasting Class

Nothing daunted, I fasted again and persuaded every one else to fast. In time I set up a fasting business, free of charge. Any one and every one could fast for nothing under my supervision. I became highly experienced and seemed to cure every one except myself.

The study of one system of healing led

to another. Our home was stacked with the best American books and magazines on the science of spinal adjustment, German water cures, Swiss sun bathing, Russian fruit cures and Oriental works on the science of deep breathing.

A flame had been lighted that nothing could extinguish. It was a pleasure to see our large family of sons and daughters growing tall, strong and athletic. I once overheard the following fragment of a good-humored argument between two small sons:—

'You talk more nonsense in a day than Charlie Chaplin does in a week. Eat more fruit, man. You will feel much better.'

'Fruit! What you want is a jolly good fast.'

We Fletcherized raw carrots and peanuts until our jaws ached. We began the day with spinal exercises and finished it by sleeping outside.

The whole family joined hands with me in the campaign against disease. Our fortune was spent in building up a system of natural healing so perfect in its simplicity and economy that it would meet the needs of the farming population in the remotest regions of South Africa.

I wrote books and answered thousands of letters, but under it all I knew that my own internal trouble was not responding to Nature Cure.

Nine Year Battle For Life

My battle for life lasted nine years. I fasted myself to a skeleton. I fasted beyond the starvation point, which is a most unusual proceeding, consuming my own live tissues in the effort to destroy the growth. With every fast the growth was unmistakably checked. But it was not destroyed. On the contrary, it seemed to take a new hold on me whenever I

broke the fast. *Because I took the wrong foods.*

How Cancer Thrives

I knew exactly what was taking place. I knew that it was wrong to undermine the system by injurious fasting and then to nourish the growth by wrong feeding.

What was I to do? There was no one to advise me, but while experimenting on myself I was learning something new everyday.

Among other things, I learned that *cancer thrives on every form of animal food—the more impure, the better.* I suffered from horrible and disgusting cravings for blood—for beef and pork and rich blood-sausages—for stimulating and highly seasoned foods.

The growth was now pushing its way through the diaphragm, toward the heart and left lung. I seemed to see it like a red octopus feeding on the impure blood at

the base of the lung. Breathing became difficult. I spat blood occasionally.

One night in August, 1920, I had a terrible attack of vomiting and purging, with excruciating pain. Toward morning I brought up a quantity of half-digested blood.

In Serious Condition

Matters were becoming serious. The thought of the death certificate and possible complications troubled me. I sent for our family physician.

He ordered me to lie still in bed for three months. Under his supervision I fasted twelve days. Plenty of time now to write glowing accounts of the wonders of Nature Cure to distant correspondents.

More than ever I realized the importance of saving my own life in order to convince and try to save others.

It was under this fast that I first

noticed an ominous sign, the presence of digested blood—known in medical circles as "coffee grounds"—in the stools after the use of the enema. Still more disconcerting to find that I no longer put on weight on breaking the fast.

Toward the end of 1920 I seemed to be fasting chronically, four, seven, ten days and finally three weeks in December.

Nothing has been said in this article about the mental aspect of healing. The subject is too big. It forms the most thrilling story of my life, but I must now be content to state that I became superconscious. I had unerring 'hunches' and cultivated a bowing acquaintance with my subliminal self—whatever that may be.

All this fasting brought about a slight improvement and I dragged through 1921 somehow. Then in November I was

persuaded by my doctor to go into the General Hospital in Johannesburg for an X-ray examination.

Many plates were taken, and a noted surgeon pronounced his verdict—the stomach was being divided in two by a vicious, fibrous growth. *An immediate operation was recommended as the only means of prolonging my life. This I refused.*

The famous doctor who was operating in the X-ray department was much interested in my experiences and invited me to his house for another X-ray examination if I found myself still in the land of the living after six months.

Encouraged by this mark of sympathy, I fasted three weeks in December, drinking pure water only and lying in the morning sun. When, after six months, I went under the X-ray again no trace of the growth could be found!

But Pain Remained

I assured the doctor, however, that the pain was still there and told him that I was looking for a food that would answer a threefold purpose, viz.: destroy the growth effectually, eliminate the poison and build new tissue.

The three years that followed were years of great suffering, but I kept on fasting and dieting alternately, and in 1925, after a seven-day fast, *I accidentally discovered a food that had the miraculous effect of healing me completely within six weeks.*

The publication of this discovery will be of more value after the particulars set forth in this article have been proved to be facts.

I therefore call upon the medical council to have an exploratory operation performed. The gravity of the disease can only be estimated by an examination of

the extent of the damage done, and then only can the efficacy of the cure be established.

A method that will cure cancer may cure almost any other disease. What is more, it may prevent cancer and almost every other disease.

While I was experimenting on myself, I was often discouraged by the thought that very few people would be able to undergo such rigorous treatment. Even the perusal of these harrowing details would plunge the reader into a state of fear and doubt.

But it is the sum total of my experience that I hope to bring before the public. *All that fasting was unnecessary. The mistakes I made need not be made by other patients.* Our system of healing has been greatly modified by the discovery of the food cure. And while the patient is undergoing the cure for his or

her own particular complaint, Nature is secretly restoring and rejuvenating every part of the body.

The senses become abnormally acute; dim eyes brighten; faded hair takes on new gloss; the lifeless, hopeless voice becomes vibrant, magnetic, and the complexion clears.

I have seen beautiful sets of teeth, loose in their suppurating sockets, become steady and fixed within a few weeks, the gums free of pyorrhea within a few months.

I have watched our old people getting young and our young people becoming superbly beautiful, and with every new entrancing revelation of the wonders of Nature Cure I have dedicated my life anew to this joyous work of spreading the good news."

The above article created widespread

interest. An afflicted nation stirred to the chord of hope that had been struck. I was overwhelmed with correspondence and visits.

This led to unexpected developments.

That Saturday morning was a landmark. I had an informal luncheon party in my hotel to celebrate the publication of an article which I believed would revolutionize healing throughout the world. It was amusing to listen to the outcry of my friends against the proposed operation. They begged me not to consider it, but it was too late to withdraw. It had gone out in the form of a challenge to the medical fraternity and if they accepted it I would be bound in honor to submit to it.

On the 21st day of January, a stranger called at my hotel—a medical man and a surgeon! My heart sank. The "Evening Graphic" was only a few hours old

and already a prospective executioner had arrived upon the scene! My feverish mind conjured up visions of more of his kind coming in shoals. I saw myself hurried to the house of slaughter, I smelt the chloroform, felt myself being opened up for inspection—and I shuddered.

Then I awoke. This kindly, enthusiastic man had no designs upon me. The purpose of his visit was to encourage me, to urge me to be steadfast, not to be dissuaded fom my plan. Nothing could be finer than such evidence of devotion to a cause, he said.

Afterwards I found out that he was a member of the medical profession of exceptionally high standing, and when letters came pouring in from every part of the United States and Canada, in response to my article, I consulted him.

From other medical men there was no response to my challenge.

Chapter III.

THE BIRTH OF HARMONY IN AMERICA

On this, our little planet, the sons and daughters of God groan and travail in unspeakable anguish to bring forth the harmony of the spheres.

Harmony Means Perfection

There is no way of attaining perfection of body, mind and spirit except by applying the Eternal Principle of Harmony to the daily life.

The motto of the Order of Harmony is:—

"For God and Common Sense"

In the hope that the teachings that had saved my own life would be helpful to others, I spent my time in New York in

establishing a center for the Harmony Movement.

The ways of Providence are past finding out. It was a sore trial to be kept waiting for the sympathetic response of the medical fraternity, and during that period Harmony was born in America.

One month I waited and then, as no surgeon volunteered to investigate my claim, I formally withdrew my challenge.

Another and better way had in the meantime been found of demonstrating the efficacy of my discovery. If others afflicted with cancer could be cured, then my theory would be proven.

The many heart-breaking appeals for relief could not be ignored. As the laws of the land did not forbid me to tell the story of how I had cured myself, I simply related my experiences and described the procedure I had adopted. People treated by my methods recovered. They

in their turn told their relatives and friends—always with the same results.

Correspondents clamored for information about the Grape Cure. At first we sent out typed copies, but when the demand became excessive we had a four-page leaflet printed. Five editions of this were printed. Newspapers in distant states reproduced it and inquiries came pouring in thick and fast. This leaflet, which was distributed free of charge, become famous.

Nothing could have been more natural than the evolution of the

Spiritual Centre of the Harmony Movement

in New York City.

When it became necessary to have a secretary, a woman with great executive ability stepped forward and offered her

services. Her rooms were placed at my disposal for the reception of visitors. Our surprise may be imagined when we found that the physician, whose advent at the hotel had thrown me into a panic for a moment, was in the same building.

The cancer patients who came to us were referred to him.

Other medical men volunteered to experiment on their cancer patients. No charges were made for the treatment of these test cases.

The Grape Cure has been incorporated in Dr. Benedict Lust's famous system of natural healing. At "Yungborn," Butler, New Jersey, and also in Florida, patients have all the advantages of glorious natural scenery, sun-bathing and water treatments while on the exclusive grape diet.

Dr. F. W. Collins is now specializing in the treatment of cancer with the Grape Cure and sunlight at 143 Roseville

Avenue, Newark, New Jersey.

Other centres will soon be opened. The movement is spreading so fast that soon it will be possible for everyone to enjoy this cure without the trouble and expense of traveling far from home.

And all this was accomplished in a few months while our test cases were under medical observation.

Chapter IV.

THE FIRST TEST CASES

Our test cases will go down in history.

Those of the patients who knew that they were suffering from cancer were greatly helped by the thought that there was more at stake than their lives. They showed the proper fighting spirit when they understood that the success of a noble cause depended on their efforts and especially on their implicit obedience.

The details of all our test cases have been carefully tabulated for publication. In this volume, however, I am merely able to give an outline of our experiences. When the time comes our physicians will speak for themselves.

Everyone concerned with these test cases in New York passed through a baptism of fire, for, as it happened, the patients were not only pronounced to be

in the final stages of cancer, but several had been most cruelly mutilated by the surgeon's knife.

I maintain that it is not fair to expect such cases to recover under the Grape Cure or any other treatment.

And yet they have all passed safely through the test!

One young woman had had six operations on the rectum and the base of the spine. I never saw anyone so completely poisoned.

After beginning the grape diet (and she continued it longer than any of the other patients), the pus poured from her. When she began to pass worms, I knew that the terrible ordeal was nearly over. The grapes seem to ferret out the most deep-seated cause of trouble and drive it from the system.

This woman's life will be a perpetual martyrdom. The coccyx had been re-

moved—a physician said she would never be able to sit properly and nothing could relieve the excruciating pain in the spine.

But to look upon that transfigured face fills one with awe. Her eyes shine with an unearthly beauty, her skin is soft and smooth like the petals of a rose. Sanctified by suffering, this woman has emerged from the abyss of premature death to be a witness to the divine healing properties of the grape.

There was a patient in the Bronx—a middle-aged woman, the mother of a large family. When first I visited her, she said she was in the final stages of cancer of the stomach and bowels. Vomiting night and day! When this stage has been reached, it is not considered wise to begin drastic treatment. But that death chamber was charged with so much filial love and passionate anxiety that I had not the heart to refuse my help. Just a

few grapes were given at a time. Within twenty-four hours the vomiting stopped. The desperate strain was relieved. But the emaciated victim went steadily down, passing through all the phases of debility and weakness until she actually reached the unconscious stage. The grim srtuggle for life lasted nearly two months. One healing crisis succeeded another. Finally her legs began to swell.

"This is the end," one of her sons whispered.

"Yes," I replied. "This is the end of the Cure." The poisons had now been collected in a safe place. The family members were instructed to wrap the swollen limbs in grape compresses in order to open the pores. In a day or two—tomorrow, the swellings would probably subside.

"Tomorrow" found a distinct improvement in the condition and soon no

trace was left of those dropsical symptoms.

Wonderful to relate, the hard mass in the ascending colon had been disappearing gradually. Nothing was left of that. And the stomach was now so normal and strong that the patient's incessant demand was for "Food."

At this point I must make special mention of the fact that during the most critical period, when the patient was no longer able to take grapes, the pure juice of grapes was administered with a spoon every ten or fifteen minutes. This natural stimulant seemed to tide her over the supreme crisis. I am quite sure that she could not have been saved in any other way. As she grew stronger, she drank grape juice by the pint and gradually other fruits were added to the menu. She is now able to indulge in a delicious variety of raw salads, a dish of sliced

tomatoes with olive oil, a ripe banana mashed with sour cream, and her favorite beverage, buttermilk.

Life is full of problems and the great problem in that home at present is the catering department. With the next meal ever looming big in the mind of the patient, ingenuity is taxed to the uttermost to devise something new in the raw food line.

Some of the other cases have passed through experiences no less remarkable. In research work, the most satisfactory experiment may be made with external cancer. While the system is being drained of its poisons under the grape diet, the wounds are kept open with frequent applications of grape poultices, compresses or formentations. The discharge from these wounds in the early stages of the treatment is horrible in the extreme. As Nature works very thoroughly, the dis-

charge may continue for weeks. The grape apparently eats its way deeper and deeper into the diseased flesh and the wounds do not heal until all the poisons have been eliminated. *Then the healing seems to proceed from within.* No scabs or crusts are formed so long as the wounds are kept moist, but from the glistering bone outwards the process of reconstruction is carried on. Healthy, rosy granulations of new flesh appear and gradually the cavities are filled up.

With such miraculous evidences that a certain cure for cancer may have been found, one is thrilled with a new enthusiasm.

"How do you know?"

I have often been distressed by the question:

"How do you know that you had a cancer?"

This could not be proven in my own

case because I had not been surgically examined. Some of our test cases may likewise be disputed, but *what about those that have been pronounced cured of external cancers?*

I am thinking of a woman with cancer of the breast. One breast amputated, the other heavy with suppuration, ready to be removed. More appalling still, pus forming again in the scarred remains of the tissues on which the operation had been performed—these ominous signs striking a chill to the heart.

Then the transformation! A few weeks later during the Grape Cure there was a distinct softening of the swollen breast. No longer overspread by that ugly-looking, dark red hue, it showed a tinge of healthy pink here and there. The wounds on the other side were undergoing an even more remarkable change. There was less pus, and, it was less viru-

lent, less offensive. The patient was exhausted but brave and sweet, she still came to a consulting room to be medically examined.

"Those grape poultices have a miraculous effect," her devoted husband exclaimed.

How are such results brought about? The very simplicity of the Cure is a handicap when one reads the directions.

Chapter V.

THE GRAPE CURE

(1) *Preparation.* To prepare the system for the change of diet, the better practice is to fast for two or three days, drinking plenty of pure, cold water and taking an enema of a quart of lukewarm water daily with a little pure white soap disolved therein.

By this short fast, complications may be avoided. The stomach is cleared of poisons and fermenting accumulations to a certain extent, and the grape can begin its work more quickly.

The preliminary fast, furthermore, has the advantage of giving the patient a keen relish for the first grape.

(2) *After the fast.* The patient drinks one or two glasses of pure, cold water

the first thing in the morning.

(3) *First meal.* Half an hour later the patient has his first meal of grapes. Wash them well. Chew the skins and seeds thoroughly and swallow a few of them as food and roughage.

(4) *Time.* Starting at 8 a. m. and having a grape meal every two hours till 8 p. m., this would give seven meals daily. This is kept up for a week or two, even a month or two, in chronic cases of long standing. Not longer under any circumstances.

(5) *Variety.* Any good variety may be used—purple, green, white or blue. Hothouse grapes are better than none, and the seedless varieties are excellent. The monotony of the diet may be varied by using many varieties.

The best time is when the grape season is at its height.

(6) *Quantity.* This varies according

to the condition, digestion and occupation of the patient. It is well to begin with a small quantity of one, two or three ounces per meal, gradually increasing this to double the quantity. In time about a half pound may safely be taken at a meal. To make this point quite clear, a minimum quantity of one pound should be used daily, while the maximum should not exceed four pounds. Patients taking larger quantities at a meal should allow at least three hours for digestion and should not take all the skins. Invariably, the best results have been effected when grapes have been taken in small quantities.

(7) *Enjoyment.* A loathing for grapes may indicate the need of a fast—the presence of much poison in the system. Adding grapes or any other food to such a condition would, therefore, be injurious. The rule in such cases is to abstain

from every form of food, drinking an abundance of cold water. Unless patients can eat the grapes with perfect enjoyment, they are better off without them. Skip a few meals. Let Nature regulate this matter. We hear of over-zealous relatives forcing grapes down the throats of unfortunate patients. This is a great mistake. So deep-rooted is the idea that patients weaken for want of nourishment, that this has become the most serious difficulty in treating patients in their own homes. *Loss of strength is due to the presence of poisons in the system.* The patient continues to weaken under the Grape Cure and under the complete fast, until the poison has been expelled. Then, without a change of diet (and in case of a complete fast, without any food whatsoever), the patient often returns to strength and in some cases even puts on weight.

It is a well-known fact with scientists and physiologists that a person can go from 90 to 115 days without any food and live, and that he can go without water twelve days and live.

Four Stages

There are four stages in a six months' treatment.

First Stage

(a) The exclusive grape diet as outlined above. In every case its effects are different. It is, therefore, impossible to say beforehand how long it will be necessary to use grapes only. But this may be stated definitely—the cleansing of the alimentary canal takes time, and until this has been accomplished, the real relief does not begin. It is safe to say that the first seven to ten days on grapes only would be required to clear the stomach and bowels

of their ancient accumulations. And it is during this period that distressing symptoms often appear. Nature works thoroughly. She does not build on a rotten foundation. The purification of every part of the body must be complete before new tissue can be built.

I think this is the only explanation of the excessive loss of weight under the Grape Cure.

This question is of so much importance that we refer to it in detail under the treatment of cancer on page 128.

If we could remove every trace of anxiety from the mind of the patient, the correct procedure would be to continue the exclusive grape diet until he stops losing weight. By watching the symptoms—the temperature, the excretions, eruptions, etc., we know when the work of purification is complete. When this point has been reached—and

it may last from two weeks to two months—it is advisable to go on to the

Second Stage

(b) The gradual introduction of other fresh fruits, tomatoes and sour milk.

We do not expect anyone to live on grapes forever. The grape contains many of the most valuable elements necessary for life, but it does not contain *everything*. To live on grapes indefinitely would be to rob the system of some of the elements essential to life. When we are sure, therefore, that the grape has done its work by breaking up diseased tissue and purifying the blood, the careful introduction of other body-building foods is the next step.

Grapes still form the main food and are always taken as the first meal in the morning and at 8 p.m. But now, during the day, some other fresh fruit may be

used instead of grapes. An endless variety presents itself—a slice of melon, an orange, a grapefruit, an apple, a luscious pear, the scarlet strawberry, the golden apricot—one fruit more appetizing than the other.

Let the patient choose.

Only one kind of fruit to be taken at a meal but something different every day.

After a few days a glass of sour milk or buttermilk may be taken instead of grapes for supper. Patients who dislike milk should take a ripe, finely-mashed banana, or some other nourishing fruit.

Sour milk (or clabber milk) is best obtained by stirring a tablespoonful of sour milk or cream into a pint of fresh raw milk and allowing it to stand until it becomes solid. It should be covered with a muslin cloth to let the air get to it and to keep out dust. Always keep a spoonful of

this mixture for the next day's milk.

After a week or ten days, every other meal may consist of different varieties of fruit or sour milk, taking them, for example, in the following order:

8:00 A.M. Grapes.
10:00 A.M. Pear, banana or peaches.
12:00 Noon Grapes.
2:00 P.M. Sour milk or buttermilk.
4:00 P.M. Grapes.
6:00 P.M. Orange, grapefruit, plums or apricots.
8:00 P.M. Grapes.

At this point some patients crave for something savory. The sweet fruits begin to pall. There may even be a positive aversion to grapes, in which case they should be omitted altogether and the other foods taken every three hours.

One or two sliced tomatoes with pure olive oil and a little lemon juice may safely be included in this diet. The toma-

to is more of a berry than a vegetable, containing many valuable properties, and it forms an indispensable part of the diet in the second stage of the treatment.

Third Stage

(c) *The raw diet.* This includes every food that can be eaten uncooked—raw vegetables, salads, fruits, nuts, raisins, dates, figs and other dried fruits, butter, cheese, cream, sour milk and buttermilk, honey and olive oil.

Begin the day as usual with cold water and grapes or some other fruit for breakfast, but instead of sour milk or fruit for lunch, have a substantial salad of raw vegetables. Reduce the number of meals, as raw vegetables require longer to digest.

It is surprising to some people to find that nearly all the vegetables can be used raw—young green peas and string beans, celery, tomatoes, cucumbers, lettuce,

sprigs of cauliflower, squash, shredded cabbage leaves, grated carrots, turnips, beets and parsnips, finely chopped onion and spinach.

After the light fruit diet, it is wise not to start out too soon with a large variety of vegetables. Choose two or three of the above-named as a foundation for your salad and mix them with lemon juice and olive oil. Try different varieties the following day and watch the combinations of flavors. Salad-making is a supreme art.

See "Menus and Recipes by the Rendezvous Tea Room and Mucusless Diet," by Prof. Arnold Ehret.

Above all things, this noonday meal should be made palatable. Patients who have been used to animal food crave for something stimulating. There can be no objection to adding one or two savory ingredients to this salad—some finely-

chopped nuts, grated cheese, sour cream, or a good mayonnaise made of eggs, lemon juice and olive oil. In some cases a finely-chopped hard boiled egg may be used as an appetizer or a few mushrooms steamed and fried lightly in butter, some parsley or steamed asparagus, mixed in the salad.

Time to Digest

Give this meal more time to digest than is required for raw fruits, especially if nuts, dates, raisins or other dried fruits have been added to it.

The supper should consist of sour milk or fruit, or a highly nourishing and digestible dish may be made of ripe bananas mashed, with sour cream.

The Raw Diet

Sufficient stress cannot be laid upon the importance of the raw diet. If we could

only educate the people up to it, disease would be eradicated within the next fifty years.

The raw foods digest more easily than the cooked and pass through the system far more rapidly. The result is that they have no time to decompose in the alimentary canal. There is no undue fermantation and no fear of toxic poisioning.

As many of our ills are due to the relaxed and flabby condition of the walls of the stomach and bowels, a normal quickening of the process of digestion has a direct beneficial result, by giving the tissues time to contract. Their elasticity is renewed.

I therefore strongly advise patients to abstain from every form of cooked food during the full six months of treatment.

The course then consists of the three stages as outlined above and the highest results are obtained.

But it is difficult indeed to convince people that they derive more nourishment from uncooked foods and so we reluctantly consent to the introduction of one cooked meal a day.

Fourth Stage

(d) *The mixed diet.*

With this innovation, there is fortunately a recurrence of the old trouble in some cases, and the patient, sadder and wiser for the experience, is glad to go back to the raw diet. But if the disease has not been very deep-seated and the cure is complete, the following regimen is recommended:—

Three Meals a Day

(1) A fruit breakfast, one kind only.
(2) A cooked dinner.
(3) A salad supper.

For breakfast eat plentifully of any of

the juicy fruits that may be in season. Make a strict habit of this and observe it for the rest of your life if you want to be healthy.

The No-Breakfast Plan

does not apply to fruit at all. It was, and is, a splendid rule for people who have been systematically overeating, and especially those who are in the habit of indulging in heavy dinners and late suppers. But when the supper is taken not later than 7 P.M. and consists of raw salad or fruit, the stomach of one who has been on a proper grape diet is free from acidity and accumulations.

In such cases, the fruit breakfast is better than the fast, in that it supplies the body with cleansing and building material.

One can, moreover, do a hard morning's work on a fruit breakfast.

Not a Cookery Book

This book on the Grape Cure is not a cookery book.

It would, however, be incomplete without a few hints on cooking for the benefit of the reader who has followed these pages.

As the cooked foods are the acid-forming foods, no one who is troubled with acidity should have them.

Raw fruits and vegetables never *cause* acidity—on the contrary, they *neutralize* the acids by which the system has been poisoned. The first results of a raw diet are often very distressing on that account. The patient *seems* to become hyperacid and this condition lasts until all the poisons have been worked out.

Another thing to remember is that cooked foods take much longer time to digest than raw. No food should be

taken within five or six hours after the cooked meal. No strenuous work should be done and it is especially recommended to refrain from every form of brain work.

Keep the cooked and uncooked foods apart.

In the process of digestion, Nature always disposes of the most digestible foods first.

If you have made the mistake of mixing raw foods with the cooked, the raw will digest first while the rest of the conglomeration will ferment and rot.

The Cooked Meal

A dry meal. No soups, no liquids of any kind.

No raw salads. No fruit either fresh or cooked.

The main foods to be *steamed vegetables.* Begin with one kind at a time after

the Grape Cure. If the results are good, take two or three varieties at a meal.

Not more than one kind of starch. This may consist of any of the cereals, such as oatmeal, Wheatena, brown rice, potatoes or whole wheat bread and unsalted butter.

Enjoy this meal. If you are not a vegetarian, indulge in a piece of baked, broiled or steamed fish occasionally, with a steamed potato and butter. Or this meal may consist of a dish of macaroni and cheese, spaghetti and tomatoes, green corn on the cob or any of the palatable food provided by Nature. An infinite variety of savory dishes may be made by mashing one of the green vegetables with steamed potatoes, mixing with egg, covering with bread crumbs and pats of butter and baking this to a rich brown in the oven. Left-overs of cauliflower, cabbage, steamed lettuce, spinach, baked

onions, etc., lend themselves especially to this form of cooking.

Watch the effects of the cooked meal and with the first sign of discomfort, return to the raw diet.

Since the subject is comparatively new to many people, I strongly recommend my readers to study the "Mucusless Diet Healing System," by Prof. Arnold Ehret, "The Pan American Diet Book," by Dr. G. W. Remsburg, and the many other valuable works that are appearing in our day.

The Seven Doctors of Nature

There are seven Doctors of Nature:

(1) Fasting
(2) Air
(3) Water
(4) The Sun
(5) Exercise
(6) Food
(7) Mind

We put Mind at the end because it is the most important.

Mind operates through magnetism. In order, therefore, to contact the forces of Mind, we purify and build up the magnetism and this is best done by fasting, deep breathing, water treatment, sun bathing, spinal adjustment and exercise, the Grape Cure and diet of raw fruits and vegetables.

This is common sense healing or Harmony.

There is no harmony in fasting when the cause of the trouble is in the spine. There is no common sense in exercising the muscles for health and poisoning the blood with meat. Even the Grape Cure has its limitations if not used in conjunction with other methods. Take my own case, for instance. Fasting could not save me while I continued taking cooked foods after each fast. The Grape Cure

would not have had permanent results if there had been anything the matter with my spine. Moral: Have yourself thoroughly examined before you go on the Grape Cure. Get the best results. Above all things, make sure that the pelvis is in the right position.

With the weight of the body hanging on to the spine instead of being supported by the internal muscles, there is a general stagnation of the functions of the organs and nerves. This may in time cause a cancer, tumor or abscess.

In a book on Body Harmony, the correct position of the pelvis is described. I studied this with the deepest interest. Its teachings put the finishing touch to my own method and this wonderful system has been incorporated in the Harmony Movement.

We live in the age of invention and discovery. When I stumbled onto the

Grape Cure in 1925, I could give no explanation of the wonders it had performed in my body.

It was, therefore, with keen satisfaction that I recieved the following scientific statement from Dr. La Forest Potter, of New York City:—

"Proteids are the great body builders. If they contain toxins, they become body destroyers. Because most of our conventional foods, medicines and sera are contaminated by these toxins, science has been searching for years for a non-toxic proteid which will not disturb the colloidal integrity of the cells.

The Grape Cure seems to be in line with this great world search."

Chapter VI.

GRAPE JUICE

It seems too good to be true but it is a fact that something has at last been found that effectually solves the problem of what to do when fresh grapes are not procurable.

Since the publication of the first edition of this book in 1928, we have been experimenting with unsweetened, unfermented, bottled grape juice and concentrated grape juice to take the place of whole grapes during the winter months. So far, the results have been most gratifying.

Even during the period when whole grapes are abundant, there are times when the patient becomes tired of grapes;

frequently also he is too weak to chew them. It therefore gave me double satisfaction to learn that grape juice may take the place of whole grapes.

In critical cases, the patient should fast on water only for a few days or a week or two, using the enema daily as recommended and then he should live exclusively on grape juice for another short period.

A glassful (one-half pint) is usually given at a meal but more may be taken if the patient desires.

After that, other juicy fruits, fresh tomatoes, and buttermilk may be gradually introduced. Care should be taken to keep the food apart, using one kind only at a meal, as directed.

It has been found that the patient can get along almost as well on grape juice alone as on whole grapes, although whole

grapes are preferable when they can be procured. The stomach is accustomed to bulk and is more likely to feel the pangs of hunger when only juice is taken.

An analysis of grape juice shows that the grape loses none of its healing properties during the process of double sterilization at a temperature of 90°.

In America there are a number of good brands of unsweetened, unadulterated grape juice.

A bad case of cancer of the tongue has been succesfully treated, after a fast of ten days on water only, by the administration of a tablespoonful of grape juice every half hour.

It is the only nourishment prescribed in cases of enteric congestion. After a period of fasting, during which the system is cleaned and prepared for the change of diet, grape juice seems to act

as a powerful disinfectant. At the same time the strength of the patient is maintained by its nourishing properties.

Grapes apparently dissolve the hardened mucus adhering to the walls of the stomach and intestines. In several cases, with the fecal matter there was an accumulation of stringy, slimy mucus which looked like worms. Sometimes this occurred in long strings, sometimes in clumps resembling balls of string, or sometimes like black and green marbles. The juice appeared to dislodge this accumulation from the walls of the stomach and intestines and act as a flush, carrying it to the rectum. It is therefore considered very important to remove this accumulation by daily enemas, preferably high enemas. When taking only liquids, whether water or fruit juices, daily enemas are deemed necessary, otherwise poisons which have been carried to the in-

testines by these liquids are likely to be reabsorbed into the blood.

One case was that of a woman who was said to be suffering from double lobar pneumonia, leakage of the heart, bleeding at the kidneys, and other complications. She was told that she could live but a few weeks. This woman was a patient in a New York hospital. A European specialist who happened to be in New York was called in. He was from Austria and had seen the effects of the grape cure in the Tyrol. He ordered a bottle of unsweetened grape juice to be placed on a table by her bed and every few moments the nurse gave her a spoonful, gradually increasing the quantity and the intervals between. The physician said to her: "Remember, madam, this is the same as a blood transfusion. Grape juice is a blood maker." She immediately began to gain strength and claims at this

time to have no kidney trouble and that her heart is sound.

Two years later, while intestinal "flu" was epidemic and was particularly fatal, this same woman contracted it. She went to bed, sent out for some grape juice and took it for two weeks. She recovered, and furthermore says she thinks she has finally rid her system of the "pneumonia bug" for all time.

Another case was that of a woman of over forty years. She was suffering from a growth over the instep which had every symptom of malignancy. She was overweight when she *started* on her first diet. During the twenty years previous to her first grape diet she had at times shown symptoms of goitre, defective eyesight, acidosis, pain in the teeth, and pain in the feet, which developed finally into the growth. The first time she took the diet she was on it for ten weeks.

After an interval of a year she took another diet of eight weeks; and the following year, a diet of sixteen weeks followed by grape juice only. It was after the last diet that the discharge of mucus, as outlined above, was noted.

Between the second and third diets, the stomach was extremely sensitive to the touch but after the discharge of mucus the sensitiveness ceased.

It was noticed that during each diet pain was perceptible in different parts of the body, especially in the stomach and intestines. This pain shifted from hour to hour. During the first few days on water or grape juice, swellings appeared in various parts of the body, sometimes very marked but which gradually disappeared. Her general health improved continuously during the time she was taking the various diets.

It may be well to mention here that

one of the first reactions to the grape diet is intense soreness in the mouth. In this connection, in taking the grape diet, pyorrhea has been found to be one of the first troubles to be overcome.

Chapter VII.

THE SECRET OF THE SUCCESS OF THE GRAPE CURE

"Proteids are the great body builders."

This, then, partially explains why new tissue is built with such extraordinary rapidity on an exclusive grape diet.

But science has not yet discovered what elements in the grape break down malignant growths. Some fine essence, which has hitherto escaped observation, must be present in this "Queen of Fruits."

Perhaps this elusive substance will be found in the pure distilled water of the grape.

We are only on the threshold of our discoveries and experiments, learning something new every day. With great success the pure juice of the grape is

used for cleansing the throat, ears, nose and mouth, applied externally on wounds in the form of poultices and compresses diluted with water, and introduced per rectum as food.

But let us see what can be achieved by the grape diet only, without these supplementary methods.

The Mono Diet
(One food only)

I believe it was the *exclusive grape* diet that saved my life in the end.

After the nine years' battle with death, I discovered almost accidentally that fresh grapes, *when taken alone*, answered the three requirements of dissolving, eliminating and building.

Like everyone else, I had been eating grapes for years. I grew up among the vineyards of South Africa and the finest grapes of the world were to be found on

our table at "Harmony" in Pretoria. That was the mistake.

A Food Apart

We ate them with other foods, and the grape, more than any other fruit, is subject to fermentation. It is chemically converted into poison when mixed with other substances in a perverted system.

The stomach is Nature's own laboratory. Put the right combinations of food into it and the result is the fabrication of every essence necessary for life and health.

But the stomach is also a still. At the temperature of blood-heat the process of digestion is carried on in the form of fermentation. The manufacture of alcohol takes place. This seems to be indispensable to the well-being of the body. But an excess of alcohol causes a poisoning of the system. Toxemia or auto-in-

toxication (self-poisoning) takes place.

This is true when foods are mixed in the stomach indiscriminately, and especially so when to this mixture is added the grape. Taken into an impure stomach it becomes a dangerous enemy.

On the other hand, when by fasting the system has been prepared for the change of diet, the grape becomes our greatest benefector, our saviour from the ills of the flesh.

In South Africa, France, Italy and wherever the grape is largely used, cancer is as great a scourge as in any other part of the world. This is due to the wrong use of the fruit and to ignorance of the dangers arising from the incorrect use of it.

The grape is, as far as I know, the most powerful nature solvent of chemical deposits, and at the same time the most drastic eliminator. Because of its

extraordinary properties, the avenues of excretion become superbly active under a proper grape diet.

The first results of the diet are therefore different in every case. According to the condition of the patient, the first effects may be distressing or instantly beneficial. A healthy person may go on the exclusive grape diet and suffer no inconvenience, lose no weight and be able to carry on his usual work without any loss of strength. Not so the sick. In a diseased body the complications arising from the diet may be in exact accord with the gravity of the disease.

This is the most perfect form of diagnosis and the most natural. It reminds me of the primitive test of the temperature of the baby's bath—when the baby turns red the water is too hot, when the baby gets blue the water is too cold. Poor baby! And one sometimes feels in-

clined to say, "poor patient!" when, under the Grape Cure, slumbering evils and latent diseases begin to manifest themselves. A seemingly healthy person may set out gaily on a grape diet, merely to reduce weight, for instance, and at the end of a few weeks he may be quite a sorry spectacle. Some deep-seated trouble has been ferreted out by the grape, driven out into the open, and the wise thing to do in such cases is to continue the four stages of the diet until every trace of disorder has disappeared.

"Do I Need the Grape Diet?"

This is a question put most frequently. No one can answer it except yourself and that is best done by starting right out on a diet. It cannot possibly harm you. Try it for a week or two and at the end of that time you will probably know more about your condition than you

ever did before.

The average person has been taught to regard every symptom of disease as an evil to be suppressed immediately. Nothing can be further from the truth. The disease is evil certainly but *the symptoms of disease are curative processes*—not to be suppressed.

This we find to be true under the fast and under every natural system of healing but particularly so under the Grape diet.

Abnormal growths, cancers, tumors, ulcers, abcesses and fibrous masses *seem to be dissolved* by the powerful chemical agents in the grape. Diseased tissues and fatty degenerations, every form of morbid matter, is apparently broken up into minute particles and thrown into the blood stream to be carried to the organs of excretion. No wonder then that complications arise. To the inexperienced

person it is disconcerting to find strange and new symptoms of disease developing under the Grape Cure. He needs someone with experience to explain to him that poisons which have been locked up in the system for many years have broken loose and are running riot in the blood. Hence that unusual rise of temperature, that eruption on the skin, those splitting headaches, those attacks of retching and purging, that discharge of mucus, those undue sweatings. The anxious mind of the patient should be set at rest by the assurance that all these are highly favorable symptoms of the process of purification being carried on internally —*proof positive that he is still vital enough to respond to the treatment.* The avenues of excretion—the bowels, kidneys, lungs and skin—are still in good working order. Let him then closely examine the stools, the urine, the perspira-

tion, and let him *rejoice* with the appearance of every new evidence that Nature is still able to cast out the poisons that have been dislodged by the magical action of the grape.

So much depends upon his mental attitude that everything should be done to enlighten him on this most important aspect of the diet.

A volume could be dedicated to the remarkable effect of the grape upon the nervous system.

No Pain, No Hope

The patient should remember that every new ache and pain under the Grape Cure is an expression of life, of renewed activity. Nerves that have been atrophied for years have been stimulated by the grape.

"There is no Pain"

If this can truly be said of a body of

flesh and blood, I am afraid that deep spiritual teachings are being misapplied in our day.

Physical pain is Mother Nature's own voice warning us of danger. She speaks through the nerves, those delicate, watchful and intelligent protectors of the human body.

This point is of vast importance in connection with the false doctrines of the day, especially in relation to chronic deafness, cataracts of the eye, goitres, diabetes and mental afflictions, in fact all so-called incurable diseases.

The Grape as Food and Medicine

The medical properties of the grape cannot be overestimated. Salts of potash are found plentifully in grapes. And now we understand why the grape may be a specific cure for cancer, for there is said to be a marked deficiency of potash

in the make-up of the average cancer patient.

But it is more than that. The grape is exceptionally rich in iron and is the finest natural tonic in the world. It also has some vital relation to the protein base of the protoplasm of the cell and is on that account considered a quick repairer of tissue waste. As a flesh and muscle forming element it has no rival.

The grape is the perfect food, without exception the most complete food.

Quite apart from its value as a solvent, it stands alone among the foods of nature as *a builder*. I have seen it administered in cases of tuberculosis and have witnessed the amazing spectacle of an emaciated patient putting on five pounds weight in one day and three pounds the next—i.e. an increase of eight pounds within forty-eight hours. This took place after a fast of six or seven days.

The grape is the most strength-giving food. It is nourishing, sustaining and completely satisfying.

Feed your typhoid patients with grapes after the acute stage and especially during convalescence, and there will be no relapses, no complications, no prolonged debility.

Taken without salt or sugar it relieves many complaints of the stomach, bowels and liver, because of the abundance of natural salts and acids it contains.

For Pyorrhea Poisoning

The organic acids of the grapes are strongly antiseptic and their effect on the gums is perhaps more valuable than any other result of the diet. For it means preservation of the teeth, on which mankind is dependent, not alone for health but for beauty.

Would that I had the tongue of a

saint to warn against the evil of having sound teeth extracted because of poison at the roots! *It is not always necessary.* Every tooth may be loose in its socket and pus may be pouring from the gums, but after a few weeks on the exclusive grape diet it will in time be found that the teeth are firmly set in the jaws and that every trace of pyorrhea poisoning has disappeared. Do not take my word for this. *Try it. Prove it. Demonstrate the diet.*

Blood Diseases

There is said to be only one disease and that is blood disease. It is for the sake of convenience that we classify them into nervous, muscular, organic or constitutional diseases. As a matter of fact—barring accidents and malformations—we depend, for life and health, largely on the condition of our blood. And our

blood is dependent, first, on what we think; second, on what we inhale; and third, on what we eat and drink.

To obtain control of these three essentials is to have perfect health.

(1) *What we think.* Since we represent the sum total of what our forefathers have thought, it were vain at this point to claim the power of independent thought. In the millennia stretching before us, maybe the Grape Cure will be found a short cut to the desired goal. I know of no way of purifying the blood —no other method as certain, sane and safe as the Grape Cure—in order to pave the way to clear thinking.

(2) *What we inhale.* Individually we have very little control over the air we breathe. But the human race collectively is responsible for the present tainted atmosphere by which the blood is poison-

ed. Until provision can be made to clear the air of smoke and gas and the deadly fumes of nicotine, our bodies will suffer. The annual cleansing of the lungs by a thorough Grape Cure will be necessary.

(3) *What we eat and drink.* When all is said and done, the matter of eating and drinking is at the present time the most important because it is the only one of which we have conscious and deliberate control. We must concentrate on that, find out what are the best foods and combinations of foods and not allow ourselves to be persuaded by anyone to take anything that we know to be injurious.

By right eating, it is possible to keep the blood so pure that the danger of breathing polluted air is minimized.

By right eating (and I do not think that I am going too far in saying this) we may be healthy even if we have not

learned to control our thoughts. What is more, right eating will help us to obtain control over our thoughts.

To put it clearly, the condition of our blood is more dependent on the food we eat than on anything else, including thought. I know some saints whose bodies are very sick because they transgress against the laws of dietetics. And I know more than one sinner who is disgracefully healthy because he is more concerned about pure food than the good of his soul. Others there are, neither saints nor sinners, who have hardly had an original thought in their lives, and who are yet healthy and happy, like the cow placidly thinking of the next cud.

The thoughts of supermen may annul the effects of wrong eating but until we have reached that stage we do well to study the daily menu.

Purifying the Blood

I am convinced that cancer is a blood disease, more so, in fact, than any other disease. No bruise could develop into cancer if the blood were pure, and so I say again most earnestly, give the Grape Cure a trial. Go to the root of the matter and remove the cause of the trouble. Or better still prevent future trouble.

There is nothing like the Grape Cure for purifying the blood from gouty and rheumatic poisons. The inorganic deposits that have settled between the joints are apparently dissolved and expelled in the form of diarrhoea or as an unpleasant, oily sweat. The loosening of the joints sometimes causes great pain which may be relieved by poultices or compresses of fresh grape juice.

Pernicious anemia may be curable by a pure grape diet.

Appendicitis often loses its terrors when the secret of the grape diet has been grasped. With the grape poultice on the affected part frequently the pain subsides and the inflammation goes down.

In my opinion, the scorbutic should live entirely on grapes for a time and follow this with a diet of raw fruits and vegetables, sour milk and cream, cheese, nuts and dried fruits.

The Quickest Relief

I used to think that fasting was the quickest relief we knew. But how much I have learned since 1925! There is no comparison between the fasting-method and the Grape Cure. I believe that nothing can take the place of the complete fast in acute disease, but the fast only partially eliminates the inorganic deposits by which chronic diseases are often

caused. Perhaps that is the reason why cancer cannot be cured by fasting only.

One of the great and as yet unsolved problems of medical science is, how to establish, in the *diabetic* and the *goitre* patient the normal sugar content of the blood.

Nature often succeeds where medical science fails. A diet of raw fruits and vegetables frequently corrects these abnormal conditions of the blood. But the Grape Cure is the *quickest* agent.

The marvelously rapid action of the grape must be due to the fact that grape sugar is taken immediately into the circulation without undergoing any process of digestion. There is on that account no undue tax on the organs of digestion and assimilation and Mother Nature can turn her full attention to the task of destroying the disease.

The effect is sometimes instantaneous.

But again I must remind the reader that this is only true when grapes are taken

Unnatural Cravings

The matchless grape is the supreme remedy for the craving for alcoholic liquors. Supplying, as it does, the purest form of the alcohol, which is indispensable to the maintenance of life and health, the grape should from the exclusive diet of our unfortunate fellow creatures in the reformatories as a preliminary measure.

It should be the only food used in our asylums, jails and penitentiaries, the only nourishment permitted in our hospitals before and after an operation. And in our homes, every member of the family who is addicated to vice, to the drug habit and to excessive use of tobacco, tea and coffee, should be persuaded to undergo a grape

diet, without compulsion or threat. The hapless victim of perverted appetite is eager to be liberated. A sane and simple way of achieving this appeals to him.

Sex Problems

I see in the discovery of the Grape Cure the solution of sex and many other social problems. By the magical purification of the blood the nerves are stabilized, self-control is established and our God-given heritage of sense and desire is transmitted into divine creative power.

No limit can be set to the stupendous importance of the Grape Cure. It is the most significant discovery of our age because the physical well-being of the entire human race may depend on it. And on this gain depends spiritual unfolding and the advancement of science.

Emancipation

This means the emancipation of the world from the iniquities of war. Let us pause a moment here—try to picture this beautiful world in a state of peace. Not a negative peace. Thrilling with life and love, supremely active, charged with the magnetic power of confidence and strength.

Fearlessness

Emancipation from the horrors of the surgeon's knife, the dangers of the hypodermic use of morphine, the destruction of the nerves by the use of radium and electricity, and the complications arising from the introduction of poisonous inorganic medicines into the delicate human frame.

Material Prosperity

Emancipation from financial care. The beautiful economy of the Cure brings deliverance from the haunting fear of doctors' bills, hospital expenses, chemists', druggists', and dentists' bills.

The breadwinner can now begin to set aside some of his earnings for more congenial purposes or to make provision for old age.

Simplicity

And it is so simple that you can adopt it in your own home. It is only in extreme cases that patients are confined to their beds while undergoing the Grape Cure. To be able to go about one's work as usual is perhaps one of the greatest advantages of this method. Think what it means to the business woman, the professional man, the university student!

Immunity

Power shall be added unto power. By the purification of the blood and the general up-lifting of mind and body resulting therefrom, I see the people of earth gradually becoming immune from disease. Germs, plagues and epidemics lose their terror. Fearlessness (and again it is fearlessness) has been born. The entire mental outlook has been changed. Hopeful, constructive, optimistic, the sufferer sets about adjusting his faculties to this new psychology.

Children on the Grape Diet

Children who have been taught to fast when they felt out of sorts have no difficulty in abstaining from food altogether. After a fast of two or three days they go on the grape diet and are usually able to return to school at once. There have been no complications, very little

time has been lost and they resume their studies with minds clear and alert.

But what about the unfortunate child who has been taught to believe that he will die if he is not stuffed? A little strategy must be employed. Keep him in bed, out of doors in fine weather, and bring him a small bunch of grapes every two hours. Count the grapes and pop one into his mouth every half minute, telling him to watch the hands of the clock himself and to chew until it is time for the next grape. This is a great game.

Children respond to the grape diet far more rapidly than do adults. The dreaded operations for adenoids and tonsils may be averted, and, because the germ of disease is actually destroyed in the gums by the antiseptic properties of the grape, this diet is so often the salvation of your children's teeth.

Compare this with the destructive action of inorganic medicines on the teeth. Have you ever thought of the effect of medicine on the delicate lining of the throat and stomach after watching its effects on the hardest substance in the body—the enamel of the teeth?

Who is going to help us to save the children from being mutilated?

Appeal

Reader, are you going to do your share toward checking the devastating tide of disease and premature death that is spreading over the globe? Then do not be satisfied when, after the Grape Cure, you have regained perfect health. Your own freedom from suffering is not enough. Think of the other members of the human family and pass the message on. Without money and without price it comes to you. So pass it on, without

money and without price. Let your home become a centre of natural healing. Not even the medical laws of America can prevent you from spreading the good news. Tell your relatives and friends what the Grape Cure has done for you. There is not the slightest danger of medical molestation in this your sacred duty to humanity.

What we need is an

International Institution

in which scientific research work can be done along these lines, for the benefit of the world. To begin with, we need a well-equipped building in which cancer patients can be treated free of charge until this claim is fairly established. We should make a public appeal for victims of this scourge to volunteer for treatment, each individual case to be regarded

as the property of humanity. From time to time, details should be published of the history of the patients, the methods employed in treating them, and the final results. After they are discharged, we must keep track of them, watch for a possible recurrence of the disease and treat them again if necessary.

There is no other way of bringing our testimony home to the public mind.

Who will finance so great a scheme?

It seems to me that this work should proceed from America. Fabulous sums have been spent in this country on medical research on cancer. Is it not time that natural healing had a chance?

Does an injection of costly serum remove the cause of cancer? No, it may even aggravate the cause by adding new poison.

Does the amputation of a limb or the

removal of an organ remove the cause of cancer? No, it merely averts the danger for a time. So great is the shock of an operation to the nervous system that the vitality is lowered. The cause of the trouble I contend, is still in the blood. The disease takes a new hold on the victim and a second operation becomes necessary.

The use of grapes can never restore the loss of limbs and organs, but painful swellings subside, inflammatory conditions are relieved and there is an immense relaxation from nervous strain.

Again I plead for an opportunity to *demonstrate* these wonders.

Let the medical fraternity continue their research work. It is quite possible that it may some day hit upon something more effective than the Grape Cure. But in the meantime, let the people join hands in a movement of reform along more natural and humane lines than the

amputation of limbs, the removal of internal organs and the disorganization of the atoms, molecules and cells by the introduction into the delicate human frame of poisonous medicines and sera.

While great sums of money are being collected for radium, I feel it my duty to warn the public against the dangers arising from this destructive agency. It does not effect a permanent cure. In some cases the growth is destroyed and the pain is relieved, but the cause of the cancer is still in the blood. Since the nerves are healing agents, any injury done to them may expose the patient to a new onslaught of the dread disease. An agonizing death awaits many "victims" of this treatment.

The same is true of X-ray. The latter is excellent for photographing internal conditions and diagnosing but when the patient is exposed until the tissues are burned and nerves destroyed, neither X-

ray nor radium has the power of discriminating between healthy cells and diseased cells, therefore Nature's work of healing is quadrupled and the patient's suffering greatly increased.

Chapter VIII.

WHAT MUST WE DO?

Many people approach us with the question, "What must we do when we are threatened with an operation?" My advice would be in the first place not to let things go so far. Do not wait until it has become necessary to operate. The time to study the Grape Cure is while you are well and then the chances are that you never will be sick. The Grape Cure is so simple, that you can learn the directions by heart, so that when disease strikes you home, you may know exactly what to do. No one tries to give a drowning person a lesson in swimming. So be prepared.

But if this knowledge has come to you late, do not despair. No one in the world

can force you, if you are over-age, to undergo an operation. No surgeons, no medical laws, can compel you to submit to the dreaded scalpel. Too often an operation is the first resort and you are rushed to the hospital in a dazed and panic-stricken state. It should be the last resort. Every other method should have been employed before you permit the delicate nerves and tissues of your body to be severed.

So terrific is the shock of a major operation to the nervous system, that no one ever fully recovers from it. There is a permanent interruption in the circulation and in the flow of the vital magnetic fluid. In this book we do not dwell on the complications arising from these operations, the fearful ruptures, adhesions, abnormal growths, weak hearts, shattered nerves and ruined digestions. Get reliable books on the subject and

read—study this terribly important question from every point of view, and then when the fiat has gone forth that you must be operated on or die, firmly announce that you are going to undergo the Grape Cure first. Fear no one.

Ask Your Doctor

Ask your doctor to watch the results. We have met so many open-minded medical men who are fervently anxious to find a real cure for cancer, that we have no hesitation in giving this advice. Your doctor is the right man to supervise your case under the Grape Cure. He may refuse; well, then send for some other physician and if you are not successful, start right out on grapes and send for an experienced drugless physician. We want you to try your doctor first, because it is only by persuading the

physicians to watch the marvelous results of this diet that we can hope to spread it over the whole world quickly.

There is one sentence which occurs in every letter written by me to the editors and physicians of this country:—

"All I ask of America, dear sirs, is an opportunity to *demonstrate this method* in your country."

To demonstrate. Can anything be more fair, more reasonable? One who sets out to *prove* a cause must have something solid to build upon. Woe, woe to all who set such a plea aside!

No one can heal except nature. It is by the power of mother nature that we are healed. No one can renew the oxygen in one's lungs except ones'self. Ignorance of these laws of nature is keeping the world in the bondage of disease.

Your doctor may be puzzled by the strange action and reaction—we call

them *healing crises*—occurring under the Grape Cure. Then ask him to consult with someone who is experienced along these lines. The Grape Cure itself is very simple but in cases of real danger the first results may be highly complicated. Do not treat yourself without reliable advice.

Nature is an Exact Science

When we work in harmony with the laws of nature, we get exact results. How different this is from much medical science! A system which puts poison into an over-poisoned body! And surgery is often worse, for by the injury to the diseased body nature has been frustrated in her healing efforts. Drugs paralyze her actions and it is my duty to warn solemnly not to use medicines or drugs of any kind while undergoing the Grape Cure. This may have fatal results.

Is This Faith Healing?

It is not. The laws for nature have nothing to do with faith. The sun rises on the just and unjust alike. Water quenches thirst. Food satisfies. You need no faith to enjoy these gifts but you may refuse to enjoy them. You may bury yourself in an underground chamber and the sun will not rise on you. You may refuse to eat and drink and the laws of nature no longer exist for you. You are not co-operating with Nature.

If healing depended on faith, only the "faithful" would be well. Do we find them so? Indeed, no! There can be no more sorry spectacle on earth than the diseased, deformed, stunted, degenerated bodies of the believing (i. e. civilized) races of the earth. Compare them with the superb bodies of the heathen tribes.

I am not trying to belittle faith. Faith

is the mainspring of my life, the driving-power by which I have been enabled to conquer a terrible disease. But faith alone would not have saved me. I would have died of cancer like everyone else who is afflicted with this scourge if I had depended on faith only. What can I say or do to make this point clear? *"Faith without works is dead."*

It is the want of harmony between precept and practice that we see around us that takes the heaviest toll of life. The "faithful" pray for deliverance from the consequences of their evil deeds. Prayer does not save them, because they continue the wrong habits, the sins, that have caused their diseases.

"Go and Sin No More"

Does not this divine saying imply that disease is caused by sin? Our own or the sins of our forefathers? Transgression

against the laws of nature—that is at the root of all our afflictions, and transgression is generally due to ignorance of the law.

We appeal to our readers and fellow workers to help to combat this destructive ignorance.

A Free Gift

The Grape Cure is a divine gift. We have bestowed it freely on our suffering fellow creatures. But if the success of this movement depends on our efforts alone, thousands of years may elapse before it becomes universally known. We therefore invite our readers and patients to advance the cause by making this book known.

Educational and Preventive

Help us to check the growing danger by constructive and natural means. Med-

ical science has largely failed. By surgery the evil hour is frequently postponed. In the Grape Cure we may have an infallible remedy, more than that, a *sure preventive.* Join hands with us in the educational and healing campaign on which we are engaged.

This book is being published at a most auspicious moment in America. You are on the eve of the grape season. Make the summer of 1940 a memorable one by converting it into a Festival of Grapes. The news of a nation-wide healing movement in the United States will soon filter through to other countries. Great Britain will be the next to benefit, with her wide dominions. Soon the Grape Cure will be translated into the European and Oriental languages.

The Need Is Urgent

The purification of the body with a

pure grape diet is going to have far-reaching results. I am not a calamity prophet, far from it, but I foresee great upheavals in the near future. There are signs in earth and sea and sky that cannot be overlooked. I use my common sense and watch the head-long course of so-called civilization. The great World War seems to have been forgotten. Something infinitely more disastrous is pending. How shall me meet it? Or better still, how can we avert it?

By the Promotion of Harmony on Earth

The old method of reforming "the other fellow" is useless. We must begin with ourselves. We must start on the lowest vehicle—the physical body—and gradually work up to perfection of mind and spirit.

Chapter IX.

THE PREVENTION, CAUSE AND CURE OF CANCER

When one hears of children being born with cancer, no further proof that the disease has been inherited is required. Those children have not transgressed against the laws of nature but have been nourished with cancerous substances before birth. Their parents are responsible for this.

An appalling state of affairs is revealed in the October number of the Journal of the American Association for Medico-Physical Research by the president of this society, Dr. Frederick Dugdale, of Boston. He states that nineteen children in every hundred who reach the age of ten show evidence of cancer.

What is there in the lives of the mothers of the twentieth century that causes the transmission of this infection to their offspring?

The Use of Inorganic Substances

By watching my own case and investigating the habits of the parents of cancer patients, I have come to the conclusion that cancer is due, not so much to wrong living, artificial hours and the high pressure of modern life, as to the excessive use of common table salt, baking powder and the whole army of mineral drugs and essences prepared in the laboratory.

The human body does not possess the power of assimilating, utilizing or eliminating inorganic substances. They are of an immensely harmful nature and in time their corroding action on the nerves and tissues promotes irritating condi-

tions in the entire system. Nature does not lie down to the task but collects the poisons and deposits them in some out-of-the-way place. A cancer is formed. That this usually happens in a weak spot, sluggish organ or bruise, is probably due to the fact that the invading substance meets with little or no resistance in tissues in which the nerves are inactive or have been injured. A bruise will not develop into a cancer in a healthy body. The cause is in the mineral-laden blood. This explains the futility of sera, of operations and radium treatment.

In South Africa, many people "draw out" cancer with herbal poultices. They have had great results in some cases. The wound caused by this process becomes a sort of safety-valve through which so much poison is eliminated that the patient is saved from an immediate recurrence of the disease. But it "gets" him in

the end. So great is the suffering entailed in the "drawing" process, that many die under it.

After careful investigation of these and other methods, we come back to the Grape Cure. It has its limitations, like everything else, when the system of the patient is so low that there is no co-operation, but I know of no other method by which such quick results may be obtained. This is its first recommendation. There is no time to lose in treating a real cancer. The second advantage is the solvent properties of the grape. It seemingly breaks up the inorganic poisons by which cancer has been formed. Third, its powerful stimulation of the nerves under which the avenues of excretion become so magnificently active (see on page 169 how eruptions, diarrhea and other complications occur under this drastic stimulus). And last but not least,

its amazing power of building new tissue. I have said it several times but I must repeat it here—the secret of the Cure in wasting diseases is to be found in the rich proteids supplied by the grape.

But there must be far more than this at the back of it and I spent many hours in deep concentration before I discovered the real explanation of the mystery.

The Most Magnetic Food

Charged with the magnetism of the sun, this Queen of Fruits, more than any other, restores and revitalizes the depleted forces of the cancer patient. Every tendril is a living receiver of cosmic magnetism. Its many-pointed leaves, forming many triangles, absorb vital essences from the air.

A perfect grape is circular in form and a bunch of grapes resembles a triangle. Students of mysticism and occult-

ism know what these two symbols—the circle and the triangle—represent.

But we are wandering far away indeed from the subject of cancer.

The Course of the Disease

Under the Grape Cure, cancer should run its full course within a month or six weeks. The patient loses weight to an extent that would be alarming if he did not understand the principle of the Cure. While on the Grape Cure, nothing should be administered to make him gain weight—no food of any kind except the grape. It is only by reducing him to a virtual skeleton that the disease may be overcome. When he has reached this point, when he has been brought almost to skin and bone, there is nothing left for the cancer to live on and it usually disappears spontaneously. There are many kinds of cancer and the patients are all

at different stages of the disease. It is therefore impossible to say beforehand how long it will take to arrive at the turning-point.

No Cause for Anxiety

When the inorganic poisons have been effectually eliminated and the patient seems to have reached the last stage of weakness, there is usually a sudden and marked change for the better. He may fall into a refreshing sleep and wake up feeling "fine," feeling strangely invigorated—and usually his first demand is for "food." The greatest care must now be exercised. For a day or two he should live on pure grape juice (homemade, or unsweetened commercial)—half a pint sipped slowly every two hours, and then gradually the other fruits may be introduced.

The critical time is during that period of exhaustion just before the tide turns.

It is so natural to think that the patient is dying for want of nourishment. This is not the case at all. If he has been kept faithfully on grapes, he has been fed with the finest and richest food on earth—a food that will sustain a healthy, active man for months.

"Feeding the patient to keep up his strength" is the surest way of killing him.

No, your cancer patient is not dying of starvation. And he is not getting weak because he is eating grapes only. But the cancer is dying. Nature is destroying it. The vital centers—heart, lungs and brain—are being nourished to the last moment by the grape. To change the diet at this moment is not advisable. Remember this when you are tempted to administer other foods and stimulants:—

The patient is *dying in any case*. His

only chance may be the grape. You know the verdict that has been passed—inoperable cancer, no hope, nothing known to science that can save this case.

Well, then, the grape is the only hope. It has saved others—more advanced cases have apparently been cured. Until you hear of something better than grapes, do not let the harrowing sight of the patient's weakness and emaciation tempt you to offer other foods. That might be robbing him of his only chance.

Give the grape diet a fair chance for a few weeks, *not longer,* if you are unable to get reliable advice. Then try some of the other juicy fruits.

I have seen patients reach the unconscious stage and then recover.

Fortunately, the patients themselves often have a conviction that grapes and grapes only will save them.

To try them, I occasionally suggest

some other tempting food and I have been impressed by the emphatic reply:

"Not for a hundred thousand dollars!"

or

"I would rather die on grapes than live as I have been living on other foods."

All this, however, applies only to the first few weeks of the exclusive grape diet.

The danger of staying on grapes too long is that the patient may in time not be able to take any other food.

* * *

To come back to the cause of cancer —inorganic substances in the system. The terms *organic* and *inorganic* are much abused and little understood. Let us use the words "dead" and "alive" instead, for the sake of convenience. *Inorganic* matter is dead; *organic* matter is alive.

Man was never meant to use dead matter, such as iron, so-called refined table salt, over-cooked foods, etc., as either food or medicine. The human body does not possess the power of assimilating dead or inorganic substances. And yet it is largely composed of minerals and other "dead" matter! All foods should be steam-cooked, that require cooking.

In the first chapter of Genesis, in the wonderful allegory of the Creation, we find the explanation of this seeming inconsequence. It takes the form of dietetics and it is the only injunction laid upon man for the maintenance of life.

Behold!

"Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed: *to you it shall be for meat.*"

THE GRAPE CURE

Man was created a fruitarian. That is to say that although his body was made of the dust of the earth (minerals) his well-being depends on his use of the fruits of the earth (this term includes what we call vegetables). The first, last and only rule of life, after man had received the power of reproducing his kind and of holding dominion over living things that moved on earth and in water and air, *was concerned with food*. With an impressive "Behold!" his attention is drawn to it.

To fashion the body of clay (minerals) and then to nourish it with vegetable matter seems ridiculous. When science discovered the elements of which the body is made and found that disease is caused by a deficiency of one or more of them, it set about the fabrication of foods, tonics, powders and pills

containing these elements in an inorganic form.

Here we have the cause of chronic diseases—the real cause of the increase of cancer.

This terrible violation of the law of nature which decrees that the animal kingdom shall feed upon the vegetable and the vegetable upon the mineral is, in the first place, the cause of cancer.

The second cause is the use of meat—the mineral-laden blood of animals. We have to pay for every transgression and in overlooking the divine injunction to live on the fruits of the earth, we have exposed ourselves to the most ghastly, the most insidious disease.

Thirdly, *the use of cooked foods,* whether animal or vegetable.

Every kitchen stove is a laboratory on which the living essence (organic salts) is converted into dead matter (inor-

ganic poisons).

For years I was puzzled to know why cancer patients were unable to take cooked foods—why in my own case, relapses were brought on by the use of made dishes. I was a strict vegetarian long before I succeeded in curing myself. This proves that in a real case of cancer, it is not enough to abstain from meat. Vegetarianism alone will not save one when once the disease has taken root, not if the foods are cooked, salted or seasoned.

With the increase of cancer and tuberculosis there is a marked decrease in acute diseases.

What is the real difference between chronic and acute diseases?

Acute diseases are healing processes.

Chronic diseases are destructive processes.

Typhoid fever is evidence of Nature's

efforts to expel the invading germ. A common cold is a healing process. *Cancer is not. Cancer is the death and disintegration of a given part in a living body.* This is due to the presence of corrosive substances with which Nature is unable to cope.

Fasting does not effectually eliminate them. If the cancer is not too far advanced, a diet of raw fruits and vegetables may save the patient, but in extreme cases something is required by which those corroding, irritating substances may be quickly dissolved and expelled—something by which at the same time the strength of the patient may be nourished.

What is it in the grape that so effectually answers these three requirements? Perhaps some day science will discover the secret in the pure, distilled water of the grape.

Analysis of Grapes

Grape sugar	13.8
Tartaric acid	1.12
Nitrogenous matter	.8
Gum, fat, etc.	.5
Salt	.36
Water	79.8

INSOLUBLE

Skins, stones, etc.	2.6
Pectose	.9
Mineral matter	.12

MINERALS PER 100 GRAMS

K20	11.49 %	Bases	15.66 %
Na20	0.97 %	P2 03	7.08 %
Ca0	1.63 %	So3	1.01 %
Mg0	1.21 %	Cc	0.42 %
Fe0303	0.36 %	Acids	8.51 %

Energy per ounce	11,302
Oz. required to produce 1 oz. of protein	76.9
Oz. required to produce 1 oz. of carbo-hydr.	5.2
Oz. required to produce 1 oz. of fat	62.5
Oz. required to produce 1 oz. of salts	200.0

Concord grapes contain a certain amount of grape sugar and a small percentage of iron. They are low in salts.

Green grapes are good for the complexion because they contain arsenic.

Green grapes are good for syphilis because they contain arsenic.

Grapes are numbered among the prinpal carbon foods.

Grapes are the third best in iron foods, containing .90%.

Grape seeds contain a great vitamin principle.

Some grapes contain 10.80% calcium, some contain a trace of iodine.

Grapes from some countries contain between 5% and 30% sugar with very little starch or protein.

Grapes from some countries contain sulphur 5.60%, magnesium 4.20%.

Grapes from some rocky countries contain boron.

Grapes yield an alkaline ash and yield alkali in the course of metabolism sufficient to change the reaction of the urine. It has been shown that this type of action is not characteristic of all fruit juices, as shown by Pickens and Hetler in "Home Economics," January, 1930.

They examined, among other things, the acidity of the urine in human subjects who had drunk large quantities of grape juice. When, under carefully controlled experimental conditions, as much as a quart of grape juice daily was ingested, neither the titratable acidity nor the hydrogen ion concentration of the urine was significantly altered. This is not the only example of the failure to decrease the acidity of the urine by a fruit with an alkaline ash.

The ash in the grape is found between the skin and fibre. It is an ash which neutralizes the toxic condition in the body, known as cancer—hence the reason for chewing and swallowing the grape skin.

Chapter X.

MORE ABOUT CANCER

The body of the cancer patient is full of the most virulent poison. As we have stated before—

Cancer is the death and disintegration of a given part in a living body.

It is horrible to think that decomposition has begun while one is still alive. And yet that is actually what happens. The body smells like a corpse.

Under the Grape Cure, that decomposition is arrested—checked. But the danger is by no means over. Instead of being confined to one particular area, the poisons have now been thrown into the blood-stream and carried to every part of the body. Everything must be done to expel *them* and to expel them *quickly*.

The Enema

Since the alimentary canal is the main avenue of excretion, the bowels must be attended to first. We recommend the daily use of the enema *unless the grapes act as a laxative.* In some cases they cause constipation until the system has learned to use the skins of the grapes as roughage. Such patients should take an enema of one quart of lukewarm water once or even twice a day, until there is a natural movement of the bowels.

This rule applies to all persons who are undergoing a grape diet.

Why the Skins?

The skins, not alone of grapes, but of many other fruits, such as apples, pears, contain immensely valuable elements. To throw away the peels would be to deprive the system of the very substances required to build a new and healthy body.

But the skins also form the bulk and roughage which are needed to promote the peristalic action of the stomach and bowels.

If you have not been in the habit of eating them, your system may not be able to dispose of them at first. They may in that case accumulate in the digestive tract and cause fermentation. We therefore advise all who are experimenting with the grape diet for the first time to go slowly with the skins. Chew them all well in order to extract their essences, but do not swallow them all until you are sure that your digestion is able to take care of them. Begin with a few and watch the results. The system so soon adapts itself to the change of diet that in time you will be able to take the skins of three pounds or four pounds of grapes daily without inconvenience and with the highest benefit.

But in all cases use the enema if Nature fails to do her work.

Do not depend on faith for this. The development of faith takes time and there is no time to lose—if it really is a cancer. Throw the vile poisons out. Employ every material means of ridding the system of its gross impurities and you will be surprised to find that in doing this you are developing the more spiritual powers of mind and soul.

Obedience to the dictates of common sense—harmony—has its own reward.

Must the Cancer Patient Know?

One of the stumbling-blocks to be overcome in the treatment of cancer patients is secrecy. Every device is employed by doctors and relatives to hide their real condition from them. When the principle of the Harmony Cure is better understood, the fear of cancer will

be removed and it will not be necessary to deceive and mislead cancer patients. After all, they are not really blind to their condition and I know by experience that there is nothing more painful than suspense and uncertainty. The secret fear, the haunting suspicion of being deceived, are far more trying and harmful than the realization of danger. It is not reasonable to expect the patient to be faithful to the prescribed rules without a full understanding of the gravity of his condition.

The Harmony Cure

This is another name for Nature Cure —Naturopathy.

Nature versus Medicine. On the Principle of Harmony we do not put inorganic poisons into the system of a patient who is trying to expel poisons. That would be like pouring oil on a fire with

one hand and water with the other, in an effort to extinguish it.

The construction of the human body is marvelously complex. The millons of pores on the surface of the skin have many functions. They not only excrete waste products but they have the power of absorbing material essences. The care of the skin is of immense importance in the treatment of cancer, for the pores are accessory organs of breathing. That is to say, instead of having only one pair of lungs, we possess many millions, so that in the case of internal cancer, when the breathing is heavily restricted, we have to depend largerly on the free action of the pores for oxygen.

The Use of the Flesh Brush

The skin of a healthy person casts off the dead cells without artificial means, but in a diseased body the pores are clog-

ged and choked with decayed matter. The entire body of the patient should be brushed morning and evening with a dry flesh brush.

These flesh brushes may be procured at almost any drug store.

But it is not enough to get the poisons out, you must see to it that no new poison gets in. There are more ways of taking poison than by way of the mouth.

Soda, coarse salts, added to the bath may well be a cause of cancer and beyond doubt they aggravate the condition of cancer. Until we find out how much or how little of these inorganic minerals are absorbed through the pores, we should avoid them altogether.

Trunk packs, water compresses and poultices, on the other hand, are highly commendable, and in extreme cases these should be saturated with diluted grape juice. A great many patients can now

testify to the magical effects of these compresses—many lingering sufferers in the future will experience undreamed-of relief through these methods.

A Tribute

It is my high privilege here to offer a sincere tribute of gratitude and appreciation to those noble pioneers of Naturopathy who have done so much, suffered so much and achieved so much in America. Those who follow in their wake will find the road paved. Stumbling-blocks have been removed and the thorns that have pierced the feet of the forerunners will never pierce the feet of their successors. Under great tribulation, they have built up a monument of Natural Healing which will stand throughout the ages.

It makes one shudder to think what the toll of life (through cancer alone)

would be but for the humane efforts of these inspired saviors of mankind.

I advise cancer patients and, indeed, all who are interested in health, to study the many valuable books on Nature Cure.

The exclusive grape diet will do wonders but it is only a temporary measure. To get the best permanent results, the Grape Cure must be combined with judicious fasting, deep breathing, every form of water treatment, sun-bathing, sea-bathing, physical exercise, fruitarianism and the raw vegetable diet, and mind culture.

Report Your Progress to Us

In the name of science and humanity we invite cancer patients to report the results of the Grape Cure to us. It is most essential at this early stage of our

experiments to collect extensive data for publication. To simplify this matter, we are issuing "*Report Forms*" with questions and a blank page for the appropriate answers. These forms may be had free of charge from the Secretary, on receipt of a stamp for postage.

The Price of Grapes

In this and in every country, the price of fruits, and vegetables is far too high.

Under ordinary circumstances this is a serious handicap to the physical welfare of mankind. But when conditions are changed, when, after our great public campaign, whole nations desire to adopt the Grape Cure and the uncooked diet, this high cost of the simple necessities of life will be more than a handicap. It would make it impossible for any

except the well-to-do to heal the body through these natural means.

The first work of the Order of Harmony should be the construction of a scheme by which patients will be able to have their grapes delivered at the door at the lowest rate possible. It would be mockery to recommend something to the sick and suffering which is beyond their means.

These are early days to put this scheme before the public but we should start in time to be ready for the next fruit season.

An appeal should be sent out to all the

Fruit-Growers

to co-operate with the Order of Harmony in this movement. The producer must get better prices for his fruits and vegetables; the consumer must pay less. How can this be accomplished?

Let us begin by concentrating on the grape problem.

With an increased demand for grapes, there is only too much reason to fear that the prices will be raised. The governments of the world do not protect the public from being drained by commercialists, neither do they frame laws to prevent the destruction of whole crops of farm produce by wholesale fruit merchants when there is a glut of such commodities in the market.

The only way to meet this difficulty would be to form a committee of humanitarians to investigate these matters and to get a strong body of public-spirited men and women to draw up a scheme by which these exorbitant prices may be reduced. For instance, the Harmony Movement, if supported by the public, could have a special department for growing its own vineyards and or-

chards, and special arrangements for supplying its product direct to the patients.

In these days of unemployment this could become a fine new industry whereby some of the prevailing distress could be alleviated.

But this is an extreme measure which will not be adopted if we succeed in procuring the harmonious co-operation of the fruit-growers. There is no dearth of fruit, no need yet to increase the supply, but the prices are excessive and immediate steps should be taken to meet the new difficulties that have been created by the introduction of the exclusive Grape Cure.

Chapter XI.

NOTHING NEW

There is nothing new about the Grape Cure. Over a hundred years ago Dr. Lambe, a pioneer reformer and dietitian, treated cancer in England with grapes. It was quite a common thing in those days to let patients loose in the vineyards of France and Italy and permit them to eat their fill. Whether other foods were included in the treatment is not known.

Even in our day the grape is well known in Europe.

Germany seems to be the centre of this natural healing cult. The grape diet is recommended by Dr. Herman Rieder, University Professor, and Dr. Martin Zeller, both of Munchen, Germany. For a complete cure these doctors prescribe

the juice of freshly pressed grapes to be taken in five meals daily. The treatment lasts from four to six weeks and the best time to undergo it is during Septemeber and October. In some cases large quantities of juice are administered—from two pounds to thirteen pounds of pressed grapes being used daily.

We do not recommend the consumption of more than four pounds of grapes daily under any circumstances.

In Germany, the grape is called the Queen of Fruits, and there are many well-known sanatoriums in Central Europe for the Grape Cure.

While I was experimenting on myself by fasting and dieting alternately, the facts mentioned above were not known to me. I discovered the Cure for myself in 1925, and my system of feeding the cancer patient with small quantities of grapes every two hours is altogether new.

I am sure I would never have survived the terrible ordeal of that last conflict with the disease if I had not taken this natural stimulant in the form of grapes or grape juice frequently.

Its effect on the body, however, was not more wonderful than the effect it had on my mind. I had been seeking desperately for nearly nine years and now, after a seven-day fast, in satisfying a natural craving for grapes, I suddenly knew that I had struck something on which the deliverance of perishing humanity depended. A deep, inner, spiritual conviction that this simple remedy was a divine gift struck to the core of my being. Since that memorable turning-point an abiding soul-rapture has been mine. The surface storms of life can never touch it.

To share this with the world has become my highest aspiration.

The spiritual beauty of the dream grows when worked out in detail on the physical plane. Each day brings fresh surprises, new revelations, more amazing proofs. Not until you have experienced it yourself can you realize what it means to possess the power of demonstrating facts to an unbelieving world.

"In My Father's Vineyard"

Nearly 2,000 years ago Someone loved to lay stress on the significance of the Vine.

His first miracle was the changing of water into wine. His last act was the abolition of the sacrifice of blood (death) and the introduction of the sacrament of wine (life).

"I am the true Vine," He said.

We may not quite understand what was meant by this illustration, but that is of no account. Very few of us, when

we use the telephone, understand the inner workings of the device. That does not deter us from making use of it.

Let us then be content to know that the fruit of the vine was recommended by the Highest Authority.

Chapter XII.

SUPPLEMENTARY INFORMATION

It has come to my attention that many patients overdo the exclusive grape diet. They seem to think they must continue the grape diet until the growth has disappeared completely.

Experience teaches that scars caused by a malignant growth remain in the tissues long after the Grape Cure has done its work. Time only will show whether they will ever be entirely eradicated. The same is true of any injury done to the body, through burns, cuts, fractures, etc. When the grape has purified the blood of cancer poison, the general condition of the patient steadily improves in spite of the presence of lumps,

scars, or other evidences of the injury done by the growth.

In my own case, while the poisons of the cancer have been eliminated and the cancer has disappeared, physical examinatons by medical men disclose that there are numerous adhesions as a result of the malignant growth. One doctor advances the opinion that it will take at least seven years for these adhesions to be broken up. It is useless, therefore, to continue the grape diet in the hope of completely eradicating the growth within a few weeks, or even a few months.

This treatment is slow, requiring patience and perseverance, but the patient is improving all the time, frequently able to go about his daily duties. One cannot expect to rid himself within a few weeks of poisons which he has been *storing up during his entire life.*

Many patients who are employed and do not wish to become too greatly weakened take the exclusive grape diet for, say, two or three weeks; then they go on to the second and third stages for equal periods. If at the end of that time they feel that the poisons have not all been eliminated, they repeat the treatment. In that way they are able to continue their employment.

The condition of each case should be watched carefully and judgment exercised. It is obviously impossible to give a set of rules which can be followed in each case.

The grape contains many of the elements necessary to sustain life and health, but it does not contain everything. To continue the grape diet beyond a reasonable time would therefore be to deprive the system of the nourishment necessary for the maintenance of the body.

Quantity

It has been observed that many patients are eating too many grapes. Two pounds a day, or if the patient is active and out of doors, three pounds, is usually enough. If the patient is not hungry, it is not necessary for him to force himself to eat. Seven meals is not compulsory, nor is it necessary.

We have observed that the best results are obtained where the patients are given small quantities of grapes. Some patients are forced into eating too many grapes by anxious relatives. Sometimes one's loved ones are one's worst enemies at this stage of the diet. For that reason it is well for the patient to go to a sanatorium if it is possible. Even though the patient should lose considerable weight, it does not mean that he is in danger of starving. As mentioned above, grapes

contain most of the food elements necessary to sustain life; many have been known to live many months on grapes alone, but this is not deemed advisable.

Amount of Water to be Taken

We have received many inquiries regarding the amount of water the patient should drink. The patient is permitted to drink as much water as he feels inclined to between the grape meals. Generally, sufficient water is supplied by the juice of the grape. In the early stages of the diet the patient often becomes very thirsty. Nature calls for an abundant supply of water to flush the system. After the poisons have been eliminated, this craving ceases. Too much drinking often tends to overwork the kidneys.

Grape Poultices

In cases of external growths, where

there is an open sore, grape poultices have been found to be effective. The grape poultice is made by crushing grapes, spreading between layers of cheese cloth or muslin, and placing over the effected part, covering the whole with a dry cloth.

Where whole grapes cannot be procured, a compress may be used. Soft muslin or cheese cloth is dipped in grape juice diluted about two-thirds.

Both poultice and compress should be renewed frequently, as they absorb much of the poison.

The purpose of the compress is to keep external cancers and other wounds open and soft so that the poisons can be easily expelled. If a scab is allowed to form, the poisons remain inside. The formation of a scab has the same effect as radium and X-ray treatments, which burn the tissues on the surface of the skin,

imprisoning the poisons, causing them to break out in other parts of the body.

The extreme nervousness which is so noticeable in patients who have been treated with radium and X-ray is due too often to the destructive effect of these mysterious forces on the nervous system.

Bowel Movement

Distressing symptoms occur during the Grape Cure, through the poisons which have been stirred up by the action of the grape and thrown into the blood stream. These symptoms may be aggravated in cases in which there is very poor elimination. Sufficient stress cannot be laid upon the importance of keeping the bowels free by using enemas two or three times a day, if necessary.

Many patients complain of becoming

constipated under the grape diet. The reader is referred to page 147 of this book regarding the consumption of grape skins.

As laxative drugs are not permitted, a teaspoonful of olive oil two or three times a day is recommended. This should be taken just before the grape meal. In extreme cases, a small quantity of olive oil may be injected directly into the rectum by means of a hard rubber syringe.

A simple vegetable compound—Besto-Lax—is also recommended as a laxative. This preparation is a food instead of a medicine and does not conflict with the grape treatment. This may be procured from the Harmony Centre, at 50 cents for 2 ounces, $1.00 for 5 ounce package.

This herb laxative may be made into a tea and drawn off, leaving the sediment. This makes a pleasant drink before retiring.

Formation of Gas

Another development of which many complain in the Grape Cure is the formation of gas. When this symptom appears, it is well to stop the consumption of the skins altogether for a while. If this does not relieve the condition, one of the best reliefs is by the high colonic irrigation in the knee-chest position. If the patient is not strong enough to take this treatment, the cold trunk pack (See "My Water Cure" by Father Sebastian Kneipp) will usually help to dispel the gas.

Soreness of Mouth

When the grape diet makes the mouth sore and raw, it may be because the flesh is diseased. Grapes do not have this effect on healthy tissue. When the body has been cleansed of its poisons, the soreness disappears.

Other Symptoms

Many patients become alarmed by experiencing severe pains in the rectum. Some people who never have been troubled with piles or hemorrhoids develop them under the Grape Cure. This is the result of the sharp poisons and hyperacids that pass through the rectum. This condition is usually temporary. The application of a cloth wet with cold water often relieves this distressing symptom.

Sometimes, after continuing on the grape diet for several weeks, the feces become quite black. This is also deemed a temporary symptom and no cause for any uneasiness.

Acute and Chronic

Acute Pains: As heat promotes inflammation and congestion, cold applications externally are recommended to relieve the patient's pain. Cheese-cloth wrung out of lukewarm water and folded

several thicknesses may be placed over the affected part and covered with an ice bag. Renew the cloth frequently. This has afforded relief in cases of appendicitis, piles, acute liver attacks, gall stones, kidney stones, inflammation of the throat, etc.

Experts never apply heat in cases of fever.

Chronic Cases: When the patient is below par, depleted, or suffering from low blood pressure, the pain may be relieved by hot applications. A cheesecloth can be wrung out of lukewarm water as mentioned before, but instead of an ice bag, a hot water bottle placed over the cloth.

It is the moist heat that relieves pain. The hot water bag is seldom applied to the dry skin. The moisture opens the pores and enables the impurities to come out. The cloth, therefore, should be kept very clean and renewed at intervals.

Caution

Numerous instances have been reported of patients who have been misinformed as to the duration of the Grape Cure and the quantity to be consumed. This is regrettable because it detracts from the value of this wonderful discovery. The patient should be urged to adhere closely to the instructions given in this book, all these details having been carefully worked out.

The writer does not want to be held responsible for failures due to wrong advice by professional men who do not know anything about the Grape Cure. Although they may be fully trained in medical skill, natural healing is another branch, requiring special study under the laws of nature.

The process of the grape when eaten exclusively tends to cleanse the intestinal tract and dissolve poisons which may have settled in any part of the body.

Too much emphasis, however, cannot be laid upon the warning of the dangers of using the Grape Cure in conjunction with any medicines whatever.

Why Fast?

When preparations containing iron or other inorganic metals have been injected into the blood in the form of serums, the acids of the grape have a corrosive tendency. This danger is mitigated by prolonged fasting before beginning the Grape Cure.

For full instructions on the Fasting Cure and its benefits, the reader is referred to my publication "The Fasting Book, a book on the Creation and Redemption of the Body," obtainable from the Harmony Centre at a cost of $2.00 per copy.

This caution applies also to patients who have been habitual users of drugs.

Other Diseases

"A Natural Remedy that will cure Cancer will cure almost every other disease."

It is impossible in a work of this scope to enumerate all the diseases which have been successfully treated by this method. A few about which special inquiries have come in are mentioned below.

ARTHRITIS: It stands to reason that when the bones have become ossified through arthritis and rheumatism, the Grape Cure will not loosen them up, except when used in conjunction with other methods of natural healing, such as manipulations, gentle exercise and fomentation. This should not be done without the supervision of one trained along these lines.

DIABETES: This method has been particularly successful with diabetes. The

grape sugar is believed to be an organic solvent which neutralizes the sugar deposits in the blood.

GALL STONES: Gall stones have been cured while the patients were under treatment for more serious diseases.

CATARACT: The same may be said of cataract of the eye.

DIET: As many diseases are caused by wrong combinations of food, we advise our readers to study the second and third stages carefully for information on this important subject. Many valuable books are being published in our day on the benefits of the raw vegetable and fruit diet.

ULCERATED STOMACH: This must not be regarded lightly. Too often gastric ulcers, when neglected, become cancers. Before the disease reaches this point, it is highly to be recommended

that the sufferer undergo the grape treatment.

TUMORS: Attention is called to page 76.

TUBERCULOSIS: So far in this country only a few cases of tuberculosis have been treated, but it is specifically mentioned in reference books published in Central Europe as a disease which readily yields to the Grape Diet.

SYPHILIS: The writer has been informed that several hundred years ago, when the royal houses of Europe had become corrupt and tainted with this dread disease, they resorted to the grape diet.

It was very gratifying to me shortly after my arrival in America, to find that, in Europe, the Grape Cure was an old established institution. As far back as 1556 books on this wonderful Nature Cure had been published in all the various lan-

guages of Europe. On visiting a famous hospital some time ago, I learned that there is a large number of books in existence which have been published during the last four hundred years, dealing with the Grape Cure as a remedy for various diseases. The writer has been assured by an eminent authority that this is the first book on the subject issued in America.

It has taken us nearly two thousand years to understand the real significance of the introduction of the "Fruit of the Vine as a Sacrament." Is it not possible that the Great Physician knew that in this delicate fruit everything was contained necessary for the healing of the body, as well as for the uplifting of the spiritual faculties?

"GRAPE CURE—A system of medical treatment in vogue in certain parts

of France, Switzerland, Germany and Tyrol, consisting of a more or less exclusive diet of grapes."

(The Century Dictionary and Encyclopaedia)

"GRAPE—The fruit of several species of Vitis. The cultivated grapes of the Old World are varieties of Vitis vinifera, which afford important products, namely, grapes, raisins, wine, brandy, cream of tartar, and vinegar."

(International Encyclopaedia)

"GRAPE CURE—A system of natural treatment in which the patient is confined wholly or chiefly to the use of grapes for both food and drink."

(Lippincott's New Medical Dictionary)

"Pickens and Hetler examined, among other things, the acidity of the urine in human subjects who had drunk large

quantities of grape juice. When, under carefully controlled experimental conditions, as much as a quart of grape juice daily was ingested, neither the titratable acidity nor the hydrogen ion concentration of the urine was significantly altered."

(Journal of the American Medical Association, Volume 94, No. 14)

"As to the curative results from X-ray and radium irradiation, these methods of treatment of malignant neoplasms have proved very disappointing."

(Journal of American Medical Association.)

Chapter XIII.

THE SACRED SPINE

Wonders have been accomplished with the Grape Cure, fasting and the Fruitarian Diet but the secret of perfect physical well-being lies in the condition of the Spine.

The bones should be well separated from one another by cushions of firm cartilage in order to allow an unrestricted flow of blood, nerve fluid and other vital essences from the Generator of Life, i. e., the Brain, to every part of the body.

The spinal column or backbone should be pliable, supple and flexible without being limp. It contains four normal curves—two primary, the dorsal and sacral, and two secondary, the cervical and lumbar.

The full weight of the body should

rest on the pelvis and be held in place by the internal muscles. This position tilts the pelvis forward and upward, lifts the ribs, expands the chest, reduces the abdomen and straightens out that dangerous curve in the lumbar region by the pressure of which the internal organs are displaced, starved and atrophied.

No living human being whose pelvic bones are out of place can breathe correctly or walk gracefully. Those protruding, swaying buttocks, so conspicuous in our day, are an embarrassing warning that we have lost our balance. Every movement becomes an effort. Owing to the misuse of high heels, women and girls are the worst offenders in this respect. The buttocks seem to be no longer a part of their bodies, but move and "rotate," as it were, by themselves. A sedentary life accentuates this condition.

Since the organs of generation are the

first to be affected by this loss of body harmony, the bringing forth of healthy offspring becomes an impossibility. The mothers of the race are incapacitated. Result—the decline of the body, malformations at birth, obesity, emaciation, imbecility, baldheads, eye-glasses, ear-trumpets, false teeth, cosmetics, powder and rouge.

How can incorrect posture and the displacement of the pelvis be rectified?

There are many schools of physical culture teaching corrective exercises. There are trained chiropractors and osteopaths, who by the skillful manipulation of the spine, adjust the vertebrae and so release the pressure on the nerves. One and all they serve a useful purpose.

But not everyone lives within reach of a chiropractor and many of us have not

the time and energy required for the development of the body. It is a cruel fact of nature that the chronically unfit who are in most need of physical exercise are usually the least inclined to carry it out.

Recently, something practical has been devised, a new way of straightening and lengthening the spine, a method so natural and simple, so harmless and inexpensive, and yet so amazingly effective, that a mere child can, with very little instruction, practice it at home.

SUSPENSION AND GRAVITATION

By the power of gravitation, the suspension of the body by the neck adjusts the whole spinal column from the base of the brain to the tip of the spine in a single movement. Naturally and painlessly, something is accomplished in five seconds that physical exercise fails to do in so many years.

A stiff spine, however, does not yield its full length immediately, and herein lies the safety of the student. There is no danger of straining ligaments, rupturing veins or otherwise injuring the delicate membranes and nerves of the spine when the exercise is done carfully. This method of adjusting the spine is slow because it is natural, the improvement in health is gradual and steady, but its benefits reveal themselves in many ways from the first moment of its adoption.

The future Song of the Spine will be, with apologies to the memory of an inspired teacher:—

"Little by little, day by day, the
Spine is getting longer;
Slowly but surely, in every way,
The Spine is getting stronger."

* * *

You need not think about it. You

need not say it. Just do it and watch the results. Combine this with a proper, wholesome, temperate diet and watch yourself grow tall. Continue the exercise faithfully until you can actually hear your hair growing; until, with restored sight, you can see the improvement in your complexion and carriage; until, with senses quickened and rejuvenated, you can feel the rich, red blood coursing through your veins when at dawn you wake up from a new, strange, deep, dreamless and refreshing sleep.

These hanging exercises may be procured from Harmony Centre, 604 West 112th St., New York City. Price $2.00.

Chapter XIV.

REMOVING POISON SPRAYS, BOTTLING GRAPES, JUICE, ETC.

Because of soil and climatic condtions, most farmers find it necessary to spray their vegetables and fruits with poisonous sprays to destroy and ward off pests. Since a spray might be washed away by rain, the sprays are mixed with oil, which makes them impervious to water. Therefore, washing fruits and vegetables does not remove the arsenic, lead and nicotine sprays. The stomach becomes very sensitive on the Grape Cure and it is therefore doubly necessary to place fruits and vegetables which are to be eaten in a spray removing solution.

The simplest and most effective spray remover is a one per cent solution of hy-

drochloric acid. Prepare in the following manner:

Buy at your drug store one ounce of chemically pure hydrochloric acid. Mix this thoroughly with three quarts of water. This is approximately a one per cent solution. The spray solution is kept in an *earthenware crock*. The vegetables are first washed in the ordinary manner, then placed for five minutes in the spray-remover, removed and rinsed in water again. The spray-remover solution may be used by the average family of five for about a week. Should a little of the hydrochloric acid remain on the vegetables, it will do no harm. In this weak solution it is practically the same as is normally in the stomach.

REMOVING SULPHUR FROM DRIED FRUIT.

Dried fruits are preserved with a sulphur compound which prevents deterioration and serves useful trade purposes. According to law, the percentage of sulphur must be held to a minimum. Actually the preservative is often present in harmful quantities. It is wise to wash all dried fruit in a sulphur-removing solution. Observe this precaution even when the claim is made that the fruit is unsulphured. Please note that mere washing does not remove the sulphur solution. However, a very simple and effective sulphur-removing solution can be prepared as follows:

Into one quart of water pour four teaspoonfuls of hydrogen peroxide. Stir thoroughly. Place the fruit in this solution for five minutes. The hydrogen

peroxide converts the sulphur compound into a gas and in this way the fruit is thoroughly cleansed. The one quart solution may be used for four or five washings. Keep the hydrogen peroxide solution in tightly corked bottles when not in use.

BOTTLING GRAPES

Well washed, pulled from the stem, and just brought to the boiling point, without sugar or water. Bottle quickly. Use enameled sauce pan, never metal. The natural grape syrup done in this way may be strained and used in almost any critical case. It may be diluted if too strong and sweet for pernicious aenemia and the emaciated. This solves the problem of what to do when grapes are out of season.

Success has also been had by plucking

the grapes from the stem, as above, filling a self-sealing jar, and then let plain cold water from the spigot run until the jar is full—let it run until there are no air bubbles in the jar. And then screw the lid on tightly. The juice at first will be clear, but will finally take on the color of the grape, and is delicious when opened.

BOTTLING GRAPE JUICE

Wash your grapes, pull from the stone, grind or crush, bring to boil, strain and bottle boiling hot. Preserve by the exclusion of air, if filled to overflowing, corks pressed well into the juice and sealed. Kept for winter use in a horizontal position.

Some fill the bottle not quite full and pour a little olive oil on top, to help keep out the air.

The whole grape bottled is better than the juice because valuable life elements are drawn out of the hulls and seeds into the juice.

Other Methods of Preserving Grapes

Grapes may be preserved by placing a layer of bran in the bottom of a keg or box, then place bunches of grapes (first removing the imperfect grapes); then a layer of bran and a layer of grapes. The bunches of grapes should be placed far enough apart that they do not touch. And a thick layer of bran on top.

Paper has been used instead of bran—first a layer of paper, then a layer of grapes. When the paper is used it is best to place them in small boxes, so that if a bunch should start to mould, it will not affect very many bunches.

GRAPELETS

When you are thirsty, drink a glass of water. When you are hungry, eat a bunch of grapes.

* * *

There is no such thing as a "fruit fast" or "grape fast." One who is eating grapes or other fruits is not fasting.

* * *

You are not on a Grape Cure when you are eating other foods with your grapes.

* * *

No one expects you to live on grapes for the rest of your life. When the grape has done its work, you go back to normal, whatever that may be.

* * *

Before you go back to it, make sure that it is not abnormal.

* * *

You do not change your religion when you go on the Grape Cure. It is simply change of diet.

* * *

Only the sick get weak on grapes.

* * *

Medicines are often injurious. Taken under a Grape Cure they may be fatal.

* * *

Never force grapes down your own or anybody else's throat. To be beneficial they must be enjoyed.

* * *

When you eat meat you get the vibrations of the animal. When you eat grapes you get the vibrations of the Sun.

* * *

It is the Mind that heals. Mind cannot operate except through Magnetism. Magnetism is generated by the nerves. The nerves are noursihed by the blood.

The blood is dependent on what we eat. Eat the magnetic grape and you will learn to think.

In other words, *Magnetism is the conneting link between Mind and Matter. Is your link weak or strong?*

* * *

If you build up that connecting link with raw liver, you will think blood and bile.

* * *

No one tries to give a drowning person a lesson in swimming.

Moral—Study the Grape Cure while you are well. Be prepared.

* * *

"Feeding the patient to keep up his strength" is the surest way of killing him.

* * *

A few spoonfuls of medicine cannot

undo the effects of years of wrong living.

* * *

Cast your bread upon the waters and it will come back buttered.

* * *

Acidosis is at the root of most of our bodily ailments. It is caused by the use of cooked foods, meat, starch, white bread and white sugar.

* * *

The acids in fresh fruit become sweet as honey in the stomach.

* * *

Artificial sugar, on the other hand, turns to vinegar.

An irreverent wag has well said:

"*Acid* was in the beginning, now is and ever shall be."

* * *

If your faith is unable to move your

mountain, blow it up with dynamite. If prayer fails to move your bowels, use the enema.

Natural Healing, like all the other Laws of Nature, is an exact science.

* * *

A Naturopath is not a doctor. He does not *doctor* his patients. He *heals* them.

* * *

Medical doctors know a great deal about disease. What a pity that many know so little about health!

The Order of Harmony in South Africa

South Africa is the cradle of Harmony.

* * *

Established at "Harmony" in Pretoria, The Transvaal, on December 7th, 1916, this Order has spread to Great Britain, Europe and America.

For literature and information apply to the Founder, Dr. Johanna Brandt, P. O. Rosettenville, Johannesburg, The Transvaal, South Africa, or to

Harmony Centre,
604 West 112th St.,
New York, N. Y.
Jessie F. Springer, Secretary.

Distributors of "The Grape Cure" and other books by Johanna Brandt.

Price of "The Grape Cure," $1.50 for paper cover, $2.00 for cloth cover.

The Order of Harmony
was established in New York City, on Monday, April 16th, 1928.

A spiritual movement for the promotion of harmony on earth—harmony between the races; the sexes; religion and politics; spirit and matter; mysticism and science; faith and reason; harmony between precept and practice; harmony in one word, between God and Man.

A Universal Peace Movement, non-political, non-sectarian, having for its basic principle the establishment of universal Brotherhood, through

International Friendship

A Union of Reformers who aim in the first place at reforming themselves and who teach that a pure spirit should dwell in a healthy body.

EUROPE

The Harmony Movement for

International Friendship, Universal Peace and Progress, and the Promotion of Harmony on earth through perfection of Body, Mind and Spirit.

WORLD HARMONY MOVEMENT

"For God and Common Sense"

Finally, in bidding farewell to my friends and fellow workers in America, I wish to announce that the purpose for which I came to the United States has been fulfilled. The Grape Cure has been established, modestly, it is true, and without any financial support whatsoever, but it has been done in the name and strength of the Lord. It depends upon those who have benefitted by a knowledge of the Cure to pass it on to other sufferers. So see to it that this wonderful remedy of Nature does not fall into oblivion.

Every two thousand years, when the earth enters a new sign of the zodiac, a new rate of vibration is set up. To meet new conditions, new teachings are given out. Everything which fails to respond to the new vibration is automatically destroyed. Only a pure clean body can be attuned to a high vibration.

The World Harmony Movement seeks, by establishing harmony in the body, mind and spirit of each individual, to promote Universal Harmony and Universal Brotherhood.

JOHANNA BRANDT,
Founder.

October 31st, 1928.

THE TOBACCO SCOURGE

Read "The Fasting Book," by
Dr. Johanna Brandt.

Pages 125 to 129, the "Evils of Tobacco," and "Cancer as the Result of Tobacco Poisoning."

Harmony Centre,
604 West 112th St.,
New York City.

PRAYER FOR WORLD HARMONY

(Sent out by Order of Christian Mystics, 3510 Quebec Street, Washington, D. C.).

Glory and honor and worship be unto Thee, Oh Lord God, Thou Who art the Life and Light of all Mankind!

Thou art the King of Glory to Whom all the peoples of the earth should give joyful allegiance and service.

Inspire mankind with a realization of true Brotherhood.

Teach us the wisdom of peace, harmony and co-operation.

Breathe into our hearts the understanding that only as we see ourselves as parts of the one humanity can peace, harmony, success and plenty descend upon us.

Help us to conquer all manifestations

of inharmony and evil in ourselves and in the world.

May all persons and classes and nations cease their conflicts, and unselfishly strive for peace and good will.

Bless us all with the Radiance of Thy Divine Love and Wisdom that we may ever worship Thee in the Beauty of Holiness.

In the name of Eternal Being, we ask it.

Amen.

HARMONY

By Jessie Florence Springer

There is rhythm in the sway of the tree tops,
In the vibrant hum of the bee.
From the swing of the suns in their orbits
To the ceaseless swell of the sea
God works in order, not chaos;
And the chorus that sounds through the Deep
Is measured by God's own heartbeats
In cosmic currents that sweep.

ADDENDA

Webster has defined THE GRAPE CURE as "(Medical) Treatment of diseases, especially tuberculosis, by the free use of grapes as food."

The New International Encyclopedia, 1915, Vol. X, page 225: "A method of treatment of some diseases and conditions with a diet of which grapes form a very large part. This treatment is in vogue to some extent in France but to a much greater extent in Germany and in Hungary, in which countries as well as in Austria and Switzerland, there are sanitariums at which the Grape Cure is administered. The Grape Cure has been of advantage in diarrhea, dysentery (non-amoebic), hemorrhoids, engorgement of the spleen and has caused improvement in cases of tuberculosis, gout and some skin diseases."

Arthur Vos, M. D., Editor of "Health Culture," says:

"The author of this book is the first

person to discover the great value of the grape and its juice *in the cure of cancer.*

"Following this discovery, thousands of physicians and naturopaths throughout the world have adopted it in connection with other fruits for many chronic diseases and conditions, such as chronic constipation, hemorrhoids, chronic gastro-intestinal catarrh, hepatic ailments, obesity, tuberculosis, ulcer of the duodenum, ulcer of the stomach, and cancer.

"Grape vines are found growing wild throughout the temperate and parts of the torrid zones of both hemispheres. From these the cultivated varieties of the present day have been propagated. The cultivation of the grape and the making of wine are of the most remote antiquity, as appears from the scripture history of Noah and of other Bible characters, and from many passages of the most ancient

authors, for example, Virgil and Columelia. The grape was probably introduced into the south of France and into Italy by the Phoenicians about 600 years B.C.

"There are many varieties of grapes indigenous to America, particulary the Catawba, the Isabella, the Concord and California grapes, which are all described by the historian of Sir Walter Raleigh's voyages to Carolina in 1584:

"During colonial times, many attempts were made to grow European varieties of grapes in the United States, but the experiment was not a success, owing to various pests and to certain mildews which did not affect the hardy vines but which infested the foreign importations. The European grapes have a higher sugar content than the American species and are better adapted for wine making, especially champagne. They also keep bet-

ter and make better raisins. The American table grapes, however, are more refreshing and make a better unfermented drink than the imported varieties.

"As a fruit, grapes are delicious, nourishing and fattening; in large quantities they are diuretic and of value in the dietetic treatment of constipation and some gastric disorders. The Grape Cure consists of eating many pounds of grapes daily. The value of grapes is due especially to their large proportion of sugar. In certain wasting diseases care may be exercised not to eat too freely, or diarrhea may be produced, which would hasten the end. Sweet grapes, when they do not purge, are exceedingly valuable as a food and exert a curative action in bronchitis, gastric and intestinal atony. Even in Bright's disease they may, with favorable climate conditions, contribute to a restoration of health."

"There is but one cause of disease and that is poison. We may take in poison through the air, but we manufacture most of it within ourselves from the food we eat. In every case where I have had an opportunity of verifying it, I have found that the patient was suffering from chronic intestinal stasis and that the infection by cancer was an indirect consequence of this condition."—

Sir Arbuthnot Lane, M. D., London, England.

"As one who has devoted many years to the study of the disease, and having therefore had unusual opportunity for close observation in many sufferers—therefore I am loud in my pronouncement that it is a preventable and, usually, a curable malady where especially prescribed vegetarian diet is used and accepted."—Robert Bell, M. D., M.F.R.S., London, England.

"Cancer s not a local disease but is the local manifestation of a constitutional or a blood disease.

"From this it will be seen that a surgical operation can never cure cancer.

"Surgical intervention irritates the cancer and makes it grow just so much more rapidly. * * *

"I have seen two hundred cases of cancer where X-ray had been used, and it left the patient worse than before.

"I have seen one hundred cases of cancer where radium had been used, and it proved a dismal failure."—Eli G. Jones, M. D., Buffalo, N. Y.

"Every drop of blood in the body of a cancer patient is infected with the cancer poison. The proper treatment of the disease, therefore, is to remove the cause.

"Stop feeding the disease! Adopt a rigid dietetic regimen. Avoid all foods that contain refined sugars and commercial salts."—Bernarr Macfadden, New York City.

"Bread, meat and milk are our principal food stuffs and together are the staff and mainstay of civilization. Does this staff threaten to become a broken reed? Has civilization been leaning too heavily upon it? Does it not show very unmistakably signs of giving way under the strain of our artificial and conventional lives? Bread and meat taken together, I consider to be certainly the chief underlying cause and probably the true cause of cancer; and to that large issue I am committed." —Ernest H. Tipper, M.R.C.S., England.

"Even you, my friends, with all your experience, would be amazed if you could see something of what is going on in our sanatorium. When the system has been prepared for the Grape Cure by the methods outlined in my book, the effect by pure grape juice is supernatural. Science may never discover its secrets, but believe me it is more potent than electricity."—Johanna Brandt, N. D. Johannesburg, S. A.

"I wish to inform you that I have for quite a number of years used the Grape Cure for the successful treatment of cancer in the Cincinnati Health Home, at 537 Howell Avenue, Cincinnati, Ohio."—Arthur Vos, M. D., Cincinnati, Ohio.

"My son, Dr. Emery C. Ingham, and I have used grapes in the treatment of cancer and tuberculosis and found them one of our most valuable aids for the recovery of our patients."—Clara C. Ingham, D. C., Portland, Oregon.

"I have used the Grape Cure as outlined by Dr. Johanna Brandt very successfully in conjunction with spinal adjustments, water treatments, etc., in the treatment of cancer, tuberculosis, rheumatism, spinal bifidae, gauches disease and a case of blindness due to chemical fumes of paint, after other remedies had failed."—F. W. Collins, M. D., Newark, N. J.

THE GRAPE CURE

FOLLOWING ARE EXCERPTS FROM SOME OF THE REMARKABLE LETTERS WE HAVE RECEIVED:

"It was on Easter Sunday, 1936, when I started on the grape diet, after suffering for a long time from weeping eczema. Every morning my eyes were swollen shut, pus seeping through my eyelids. * * My scalp was itchy and sticky like lard. Later my hair fell out, and then my eyebrows were attacked in the same manner. Under my arms and breasts were next attacked, and these spread to my navel. * * I became hysterical, but stuck to my grape diet. * * My friends feared me, thinking I had some loathsome disease. * All this was not the end of my troubles, however. After days on an exclusive grape diet I felt a choking sensation as if my throat was filled with phlegm. I phoned for a doctor. He thought my condition pointed to tapeworms. * * Yards and yards of tapeworms came from me. The next few days were followed by at least two gallons of refuse—odd, strange funny things looked like the big ends of chicken gizzards. * * I must say in conclusion that now my skin is perfect, new curly hair is rapidly coming through."—Mrs. C. A.

"I wish I could shout it from the housetops that all might know how I was relieved of cancer through the exclusive grape diet. * * Imagine how I felt

when the doctor told me I had cancer and advised an operation at once. * * * Here is what was accomplished in a few months: The hard painful lumps on both breasts were reduced and the wicked cancer was flushed from my system. While I was undergoing the Cure, Nature secretly restored my body. On the 38th day on the exclusive grape diet, I noticed the thick scum clearing from my tongue. * * I took the mirror and scanned my new complexion. I can hardly believe it is I. My eyes are bright, hair shiny, breath sweet and pure."—Mrs. R. Z.

"I suffered from a tumor on the brain for four years, but I am happy to say it is gone, due to grapes. I was operated on by one of the best brain specialists in the U. S., only to be sent home to die. I took the Grape Cure in a Sanitorum at Sierra Madre, Calif., with sun baths and water treatments. The tumor is entirely gone and I am so happy I want to tell every one. I am sure grapes wll do all you say they will."—Mrs. G. S.

"I want to tell you I took the "Grape Cure" for goiter and heart trouble, with wonderful results. I was very weak and had strangling spells which occurred often, especially during the night. My heart action was very poor and I thought as well as my folks that it was only a matter of a few weeks. * * I was put on the grape diet, eating nothing but grapes every two hours for six weeks and drinking nothing but water with a few

drops of lemon juice. * * I have enjoyed better health continually and at present I am real strong, able to do most any kind of work a woman should do. * *—Mrs. K. P.

"I have obtained marvelous results from the "Grape Cure". After six weeks on the grape diet I lost a big tapeworm from which I had suffered for about twenty years."—L. L.

"I first noticed that there was something wrong with me about Easter, 1929, when there was a bloody discharge from my uterus. * * Shortly after calling on him I found another doctor with him, and when my doctor asked him if he thought I had cancer he answered in the affirmative and advised an operation. * * After I was home for two months the doctor said my case was hopeless. * * When my daughter told me the doctor felt there was little or no hope I was advised to undergo the grape diet as a last resort. This was on April 11th, 1930. * *

"I have steadily improved and have gained weight and strength on the Grape Cure. * * I feel absolutely certain that if I had not heard of Mrs. Brandt's Grape Cure and it had not been followed faithfully, I would not be alive today."—F.Z.

The names and addresses of all the above and many others will be given on request.—HARMONY CENTER, New York.

AMERICA

The World Harmony Movement

was established in New York City, on Monday April 16th, 1928 for International Friendship, Universal Peace and Progress and the Promotion of Harmony on Earth through perfection of body, mind and spirit.

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